

Fall 2006



Explore Chula Vista!



PROGRAMS

CLASSES

EVENTS

City of Chula Vista | Recreation Department | Public Library | Boys & Girls Club | YMCA

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fall 2006

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Disclaimer

The City of Chula Vista has made every reasonable effort to determine that everything stated in this brochure is accurate. Courses and programs offered, together with other matters contained herein, are subject to change without notice for reasons related to student enrollment, teacher and location availability, or any other reason at the discretion of the administration.



Recreation Department Inclusion Philosophy

The city of Chula Vista is dedicated to serving the needs of everyone in the community through inclusion programming. Persons with special needs are encouraged to participate in programs. For assistance, please call

Recreation Supervisor, Carmel Wilson, CTRS at (619) 409-5800. A two-week advanced notice is required.

Outside Performances

Many of the Department's recreational class instructors provide additional opportunities to perform at outside programs and special events. These performances and appearances are considered separate from the Recreation Department classes and programs. The Department has no involvement with the performance selection, scheduling, transportation, instructor oversight or liability in connection with these outside performances. Please direct all questions or concerns to the instructor.

The Chula Vista Elementary School District neither sponsors nor endorses this information, activity, or organization. Distribution of this material is provided by the District as a community service. Any questions or comments should be directed to the sponsoring agency.

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Lauren Weidner

Director of Recreation

Buck Martin

Assistant Director of Recreation

Shauna Stokes

Special Events

taste of third and art walk

September 14
5:00 - 8:00 pm

Take a bite out of Third Avenue Village on a self-guided walking tour of some of the city's best restaurants! Enjoy a feast for the senses – dine on savory cuisine, view displays of local artists, and experience the history and charm of Third Avenue at 5:00 pm on September 14. For ticket information and further details, please call the Third Avenue Village Association, (619) 422-1982.

bonitafest

September 30
9:00 am - 5:00 pm

Annual autumn festival features a two-hour parade with marching bands, art crafts, games, and food booths. Join the fun on Bonita Road between Otay Lakes and Willow Road. Sponsored by Bonita Business and Professional Association, (619) 472-0033.

fire department open house

October 7
10:00 am - 2:00 pm

A display of fire engines, interactive fire prevention trailer and

live demonstrations are some of the activities planned at Chula Vista Fire Department's Annual Open House on October 7. From 10:00 am to 2:00 pm, the doors will be open to tour the facility, exhibits and equipment at Fire Station #4, located at 850 Paseo Ranchero. Don't miss the opportunity to meet our local heroes and learn more about the services they provide.

beautify chula vista day

October 21
8:00 am

Volunteer to beautify our city on Saturday, October 21! Participants will be teamed up to paint out graffiti, stencil storm drains, pick up litter and clean up Chula Vista. The event kicks off at Hilltop Middle School located on 44 East J Street between 8:00 - 9:00 am. Volunteers will complete registration, meet their team leader, attend an opening ceremony and be directed to designated clean-up sites around the city. All participants will receive a free commemorative t-shirt and refreshments. Volunteers must provide their own transportation. Pre-registration is required. Please call (800) 237-BLUE by October 4 to pre-register. Sponsored by the City of Chula Vista and I Love A Clean San Diego.

holiday festival

December 2
2:30 - 5:30 pm

The festival will feature a wide variety of children's holiday crafts, activities, and games. Live entertainment and demonstrations will be presented throughout the afternoon. All activities are free of charge. The festival will be held at Memorial Park. For more information, call (619) 585-5682.

starlight parade

December 2
6:00 pm

Grab some hot cocoa and don't miss the kick-off to the holiday season! The parade features marching bands, holiday floats, carolers and lots of holiday cheer. The parade begins at 6:00 pm on Third Avenue and travels north from H to E Streets. For more information, please call the Third Avenue Village Association at (619) 422-1982.

For more information about events taking place in Chula Vista throughout the year, please call the City's special events hotline at (619) 585-5682, or visit the "Calendar" page on the City's Web site at www.chulavistaca.gov.

Recreation Department



Welcome to the City of Chula Vista Recreation Department's Fall 2006 brochure of events, classes, and programs.

Mission Statement

We enrich our community through recreational opportunities and services.

Vision Statement

Our vision is a community that achieves learning, self-discovery, balance, and essential life skills through recreation.

Our Values

- Integrity
- Respect
- Professionalism
- Accountability
- Commitment
- Teamwork
- Fun

Fun To Be Fit Programs

Look for the oval symbol next to the activities of the brochure for Fun To Be Fit programs for all ages! These programs will be free or of minimal cost. Prizes and T-shirts will be awarded. Join with family and friends to "Get Fit with Chula Vista Recreation!"

Chula Vista is a proud member of the Greater San Diego Recreation and Parks Coalition for Health and Wellness.

Rentals

Interested in renting a center, gymnasium, or meeting room for a private party or function? Facility rentals are available at reasonable rates. Call your center of choice for available times and details.

recreation center hours

Fall hours begin September 5

Community Youth Center

Jimmy Tollefson, Recreation Supervisor II
Eddie Johnson, Recreation Supervisor I
465 L Street (619) 691-5276

Monday - Thursday	3:00 - 8:30 pm
Friday	3:00 - 7:00 pm
Saturday and Sunday	12:00 - 4:00 pm

Heritage Park Community Center

Tony Ramos, Recreation Supervisor II
Lisa Petty, Recreation Supervisor I

1381 East Palomar St. (619) 421-7032

Monday - Thursday	2:00 - 8:00 pm
Friday	2:00 - 7:30 pm
Saturday	12:00 - 4:00 pm
Sunday	Closed

Loma Verde Center

Sandy Chavez, Recreation Supervisor III
Joseph Mariano, Recreation Supervisor I

1420 Loma Lane (619) 691-5082

Monday - Thursday	2:30 - 8:30 pm
Friday	1:00 - 7:00 pm
Saturday	12:00 - 4:00 pm
Sunday	Closed

Loma Verde Pool

Manuel Gonzalez,
Aquatic Supervisor III
Eric Bonney, Aquatic Supervisor II
1420 Loma Lane (619) 691-5081

Monteville Park and Recreation Center

Shaun Ellis, Recreation Supervisor III
Shannon Bullock, Recreation Supervisor I
840 Duncan Ranch Road (619) 691-5269
Monday - Friday 8:00 am - 10:00 pm
Saturday 8:00 am - 5:00 pm
Sunday 12:00 - 5:00 pm

Norman Park Center

Karen Harvell, Recreation Supervisor III
Kathy Wigginton, Recreation Supervisor II
270 F Street (619) 691-5086
Mon, Tues, Wed, Fri 8:00 am - 10:00 pm
Thursday 8:00 am - 9:30 pm
Saturday Closed
Sunday 1:00 - 5:00 pm

Otay Recreation Center

Michelle Castagnola,
Recreation Supervisor II
Berenice Mora, Recreation Supervisor I
3554 Main Street (619) 476-5325
Monday - Thursday 2:00 - 9:45 pm
Friday 2:00 - 7:45 pm
Saturday 7:30 am - 3:45 pm
Sunday 12:00 - 3:45 pm

Parkway Community Center

Frank Carson, Recreation Supervisor III
Carmel Wilson, Recreation Supervisor II
373 Park Way (619) 691-5083

Monday - Thursday	2:30 - 8:30 pm
Friday	2:30 - 7:00 pm
Saturday - Sunday	12:00 - 4:00 pm

Parkway Gymnasium

James Northum,
Recreation Supervisor II

385 Park Way (619) 691-5084

Monday - Friday	2:00 - 9:45 pm
Saturday	Closed
Sunday	12:00 - 4:45 pm

Parkway Pool

Elizabeth Kolata,
Aquatic Supervisor II (Acting)
385 Park Way (619) 691-5088

Salt Creek Park and Recreation Center

Steve Scott,
Recreation Supervisor III
Heidi Sorour,
Recreation Supervisor I
2710 Otay Lakes Road (619) 585-5739

Center and Gym

Monday - Friday	2:00 pm - 10:00 pm
Saturday	8:00 am - 10:00 pm
Sunday	12:00 - 4:45 pm

Fitness Center

Monday - Saturday	8:00 am - 10:00 pm
Sunday	12:00 - 5:00 pm

Veterans Park and Recreation Center

Victoria Tom,
Recreation Supervisor III
Joanne Stout,
Recreation Supervisor I

785 East Palomar St. (619) 691-5260

Monday - Friday	9:00 am - 12:00 noon 2:00 - 10:00 pm
Saturday	12:00 - 5:00 pm
Sunday	12:00 - 4:00 pm



community youth center

NFL Pepsi Punt, Pass & Kick

Thousands of participants throughout the U.S. will compete in the NFL Pepsi Punt Pass and Kick competition. Ribbons for first-, second-, and third-place winners will be awarded. All participants will receive a certificate. First place winners will compete at the regional competition. Pre-registration is required no later than September 27. A copy of the participant's birth certificate is required. No cleats will be allowed during the competition. **Free**

Ages: 8 and 9

#9300.481 Sept 29 5:30 pm

Ages: 10 and 11

#9300.482 Sept 29 5:30 pm

Ages: 12 and 13

#9300.483 Sept 29 5:30 pm

Ages: 14 and 15

#9300.484 Sept 29 5:30 pm

Feelin' Good

Mileage Club

Come and join this weekly fitness activity at the Community Youth Center. We will use the Chula Vista High School track. Prizes will be given when certain goals are met. Pre-registration required. **Free**

#9330.485 Mon - Fri 3:30 - 7:00 pm

Sports Clinic

A new sports clinic will be held each week at the Community Youth Center. Pre-registration required. **Free**

#9330.486 Weds 5:15 - 6:00 pm

Field Day

Compete in different track and field events, from the long jump to the 40-yard dash. See if you can bring home the victory. Prizes will be awarded. Pre-registration is required. **Free**

Ages: 7-15

#9330.487 Oct 20 3:30 - 5:30 pm

Game Room Challenge

Compete in several game room tournaments – billiards, air hockey and much more. Pre-registration required. **Free**

Ages: 7-17

#9330.488 Nov 17 3:30 - 5:30 pm

Holiday Hoops

Compete in our holiday hoops special. Your shooting skills will be put to the test. Horse and Around the World are the name of the game. Pre-registration is required. **Free**

Ages: 7-17

#9330.489 Dec 15 3:30 - 5:30 pm

happenings at heritage

100 Miles at Heritage

Looking for a way to get exercise in a scenic and friendly environment? Sign up for 100-Miles at Heritage. Participants will have ten weeks to walk or run 100 miles around the Heritage Park walking trails. Upon completion, participants will receive a, "I Walked 100 miles at Heritage Park" T-shirt. **Free**

Catch Recreation in Your Parks

Looking for fun and healthy activities in your own backyard? It's time to enjoy your parks. In the Hearts-N-Parks program, we will engage in a variety of FUN activities for all ages.

Free

Ages: 6 and over

Mon - Thu 4:00 - 6:00 pm

Halloween Crafts and Costume Contest

Participate in a variety of Halloween themed crafts and games. Prizes will be given out to winners of our costume contest.

Free

Oct. 27 1:30 - 3:30 pm

Parents Night Out

This is an opportunity for parents to finish up their holiday shopping. Kids join us for an evening of fun, activities, games, and snacks. Pre-registration is required.

Fee: \$10.00 per child

Ages: 6 and over

Dec 15 5:00 - 9:00 pm

loma verde rocks

Loma Verde Creative Corner

This free program is designed to introduce participants to a variety of holiday and seasonal crafts. A calendar of craft projects is located at the center.

Ages: 5-14

Tues 3:00 - 4:00 pm

Loma Verde Sports Club

This program includes instruction on the fundamentals of floor hockey, soccer, baseball, basketball, and flag football. Teamwork and good sportsmanship will be stressed. There will also be swim days and BBQ's.

Ages: 6-14

Thurs 2:30 - 4:00 pm

Phat Fridays

This program offers a variety of special activities including popcorn and a movie, building your own sundae, root beer float day, bingo, and dances. For more information on activities check our calendar at the Center or our web site:

www.chulavistaca.gov/rec

Fri 2:30 - 4:00 pm

Parents Night Out

Parents can drop off their kids for an evening out. Activities will include dinner, crafts, a movie, and games.

Fee: \$10.00 per child

Ages: 5 and over

#9155.421 Sept 22 6:00 - 10:00 pm

#9155.422 Oct 20 6:00 - 10:00 pm

#9155.423 Nov 17 6:00 - 10:00 pm

#9155.424 Dec 8 6:00 - 10:00 pm

Community centers



Swap Meet Saturday

Loma Verde Center will host a parking lot sale to be advertised in the newspaper and various locations. Spaces are limited. Reserve your space early. Cost: \$10.00 per space. Tables will be rented for \$5.00 per table. For more information call 585-5687.

Oct 21 7:00 am - 1:00 pm

Fall Fest

Come join the autumn festival! There will be a variety of activities including games, prizes, crafts, pictures, and a costume contest.

Free

Oct 27 3:00 - 5:00 pm

Club LV Teen Dance – “Monster Bash”

A live DJ will play the best Hip-Hop, Top 40, and Slow Jams. Activities include best costume contest, raffles, and much more. Cover charge: \$3.00 per person. For more information call 691-5082.

Ages: Middle and High School Students

Oct 27 8:00 - 11:00 pm

Santa's Workshop

Make a gift or ornament for 50 cents per project. Community volunteers will help children with their projects.

Ages: All

Dec 8 2:00 - 4:30 pm

Ceramics Make and Take

Children will have an opportunity to paint a ceramic item for the holidays. Cost is \$10 which includes project and paint.

Ages: 6 and over

Dec 9 10:00 am - 12:00 pm

Santa is coming to Loma Verde Center

Come give Santa your last minute list. Free candy canes for everyone. Parents don't forget your cameras!

Dec 15 2:30 - 4:00 pm



on the move at montevelle

Montevelle Kids Fitness Club

Students will learn the basics of a variety of fitness activities by participating in games and friendly competition. Instructors will promote a healthy lifestyle through fun, knowledge, and exercise. Class begins September 28 and continues for 10 weeks. Registration required. **Free**

Ages: 8-14

#4200.450

Thurs 4:00 - 5:00 pm

Having A Ball

Montevelle staff will conduct a sports program in the gymnasium. A variety of sports will be played – from indoor soccer to dodge ball. Staff will stress participation, good sportsmanship, and of course fun. **Free**

Ages: 6-14

Tues, Thurs 3:30 - 4:30 pm

Parents' Night Out

Parents can have a night out while the kids participate in a variety of themed activities. These events include dinner, crafts, movies, and games. Children must be dropped off and picked up from the event.

Fee: \$10.00 per child

Ages: 5-14

End of Summer Party

#9900-351

Aug 25

6:00 - 10:00 pm

Fall Madness

#9900-451

Nov 17

6:00 - 10:00 pm

Winter Fun

#9900-453

Dec 15

6:00 - 10:00 pm

Tournament Day

Monday afternoons are tournament day! Join in fun game room competitions – pool, foosball, air hockey and bumper pool. Prizes awarded to winners.

Free

Mon

3:30 - 5:00 pm

Chalk It Up!

Grab your family and friends and head down to the 1st Annual Chalk It Up event being held on the sidewalks of Montevelle Recreation Center. This great family event is open to individuals of all ages, and you may sign up as an individual or as a group (maximum 4 people per group). Each participant/team will be given a designated area to draw in. Chalk will be provided by the recreation center. The chalk drawings will be judged by our “chalk experts” and prizes will be awarded at the end of the event. All children must be accompanied by an adult. Call or visit Montevelle Recreation Center for more info (619) 691-5269.

Fee: \$5 per square

#9044.451 Sept 30 10:00 am - 2:00 pm

Pumpkin Carving Day

Come enjoy a great afternoon of pumpkin carving with your friends. Pumpkins and supplies will be provided and refreshments will be served.

Fee: \$5

Ages: 6-12

#9044.453 Oct 20 4:30 - 6:30 pm

Little Tikes Costume Carnival

Enjoy a night of costume fun with your little ones. There will be arts and crafts, cookie decorating, face painting, and a few games that will have you and your child enjoying the evening together. Please register early. Space is limited.

Fee: \$5

Ages: 6 and under

#9044.455 Oct 29 4:30 - 6:30 pm



Team-Up For Fun

Staff will run an organized activity in the park. Activities will include Sept. (Flag Football), Oct. (Floor Hockey), and Nov. (Soccer). Staff will stress participation, good sportsmanship, and fun.

Free

Ages: 6-14

Weds 3:30 - 5:00 pm

Snow Ball Middle School Dance

Come to our first winter dance. Food, drinks, prizes and live DJ. Come dressed to impress. This is a can't miss party!

Fee: \$5

Ages: Grades 6-8 (School ID Required)

#9044.456 Dec 8 6:00 - 10:00 pm

Monteville Fall Camp

Enjoy games, arts & crafts, movies, field trips and more during our fall camp.

Morning and evening extended care is available for an additional cost. Camp weeks will be from September 18 - October 6. Call 691-5269 for more info.

Fee: \$130 Resident

\$163 Non-Resident

Ages: 6-14

#9200.450 Sept 18 - 22

#9200.451 Sept 25 - 29

#9200.452 Oct 2 - 6

Stay's out of sight!

Back to School Night!

Here is an opportunity to get all of your school supplies for the new school year. We will supply notebooks, pens, pencils, erasers and more! School and education services information will also be available.

Free

Ages: 5-12

Sept 13 6:30 pm

Halloween Tot Carnival

Bring your preschooler in their costumes for a day of spooky fun. We will have games, crafts, a costume parade and contest. Don't forget to bring their trick-or-treat bag to collect delicious goodies.

Free

Ages: 3-5 Oct 31 10:30 am - 12:00 pm

Turkey Bowling

What could be more fun than bowling a frozen turkey at bowling pins? Prizes awarded for different age groups. You could be the "Turkey Bowl" champion.

Free

Ages: 5-16

Nov 22 3:00 pm

Breakfast with Santa

Enjoy a fun filled holiday breakfast making holiday crafts and visiting with Santa. Space is limited. Tickets go on sale November 27. No sales at the door. Bring your camera for a picture with Santa. Registration is required.

Fee: \$4 Adults, \$2 Kids

Ages: 12 and under

Dec 16 9:00 - 10:30 am

Wiz Kids

As part of the Chula Vista Recreation Department Drug Prevention and Gang Diversion Program, these informative activities are designed to increase drug awareness, build self esteem, and enhance refusal skills. Only available for elementary students. Registration is required.

Free

Mon - Thur 2:00 - 4:30 pm

Fri 1:00 - 4:30 pm

parkway presents

Hip To Be Fit

This program offers cardiovascular exercise, performing dance routines, and other fun aspects of fitness. Prizes will be given out for this eight-week program. Call (619) 691-5083 for more information. **Free**

#9055.465

Wed 4:30 - 5:30 pm

Sept 27 - Nov 15

Ghoulish Dance and Contest

This Halloween dance and costume contest is for all ages. Adults must accompany anyone under age 18. Prizes will be given

out by age category for the best costume, best dressed family, and more. Pre-registration required. There is limited space, please sign up early. The dance is hosted at the Chula Vista Woman's Club. Call 691-5083 for more information.

Fee: \$4 per family

Ages: Walking to 5 years

#9066.461

Oct 28 5:30 - 8:30 pm

Barriletes Gigantes - Mundo Maya

The Giant Kite Festival is celebrated every year in Guatemala as tradition of the Maya. They make kites that stand over 30 ft. tall. We will be making smaller versions of these kites and attempt to fly them. An adult must accompany children under five years.

Fee: \$2 Resident

\$3 Non-Resident

Parkway

#9066.462

Nov 3 3:30 - 6:00 pm

Family Movie Night

Bring the family, dinner, and snacks! Join us for a G- or PG-rated movie at Memorial Bowl. A fun family night out! Call 691-5083 for more information. **Free**

Memorial Bowl

Sept 23 6:30 - 8:30 pm

Holiday Crafts/Gifts - Parents Day Out!

Make crafts and gifts for family members for the winter holidays while parents take the time to do a little shopping of their own. Fee includes materials for crafts/gifts, snacks and drinks. Extended hours include dinner, drinks and games.

Fee: \$10 Resident

\$13 Non-Resident

Ages: 5-15

Parkway

#9066.463

Dec 9 12:00 - 4:00 pm

Fee: \$7 Resident

\$9 Non-Resident

Extended Hours

#9066.464

Dec 9 4:00 - 6:00 pm

community centers



sail away with salt creek

Story Time

Join the City of Chula Vista Library as Salt Creek hosts Drop Everything and Read (D.E.A.R.) every Tuesday, between Sept 12 - Nov 21 from 11:00 am - 12:00 am.

Teen Open Mic Night

Calling all high school bands and music groups from Bonita Vista, Otay Ranch and Eastlake High Schools. Original or Cover Rock, Alternative, DJ's Pop. Take the stage and showcase your musical talents. Call 585-5739 for more info. **Free**

Every Third Friday, Sept 1 - Dec 22
6:30 - 10:30 pm

Family Movie Night

Join us for a family movie under the stars, on the grass at Salt Creek Community Center. **Free**

Sept 29 7:00 - 9:00 pm

Parents' Night Out

Parents can have a night out while the kids participate in a variety of themed activities. These events include dinner, crafts, movies, and indoor/outdoor games. Children must be dropped off and picked up from the event.

Fee: \$10.00 per child

Ages: 6-14

Fall Fantastic Fun

Oct 27 6:00 - 10:00 pm

Games, Games, Games

Dec 1 6:00 - 10:00 pm

adventures at veterans!

Family Fun Nights

Check out Family Fun Nights at Veterans Recreation Center. Drop by and enjoy activities like table tennis, foosball, pool, basketball, board games, bingo, craft

projects, and more. All activities are offered on a drop-in basis and do not require registration. I.D. required to check out equipment. **Free**

Sept 28 5:00 - 7:00 pm

Oct 19 5:00 - 7:00 pm

Nov 16 5:00 - 7:00 pm

Dec 7 5:00 - 7:00 pm

SHARK

(Start Healthy, Active Recreation for Kids)

SHARK provides kids an opportunity to enrich their sports skills by participating in a safe, positive, and non-competitive program. Nutrition instruction will encourage your children to make healthy lifestyle choices. Prizes and incentives will be provided in this 8-week program. **Free**

Ages: 5-10

#9900.411 M, W 4:00 - 5:00 pm

Health Fair at Veteran's Park

Screenings, educational materials, refreshments, and more! **Free**

Sept 13 9:00 am - 1:00 pm

Pajama Story Night

Bring your friends and family! Enjoy wonderful stories with our amazing storyteller. Pajamas and stuffed toy are optional. **Free**

Ages: All Ages

Sept 19, Oct 24, Nov 28, Dec 12
7:00 - 7:30 pm

Movies in the Moonlight

Pack your dinner and enjoy it with your family while watching a G- or PG-rated movie. Movie will begin at dusk. **Free**

Sept 22 7:30 pm

Let The Games Begin!

September
Mondays - Softball

Ages: 10-15 4:00 - 6:00 pm

Adult 6:00 - 10:00 pm

Wednesdays - Flag Football

Ages: 10-15 4:00 - 6:00 pm

Adult 6:00 - 10:00 pm

Thursdays - Soccer

Ages: 10-15 4:00 - 6:00 pm

Adult 6:00 - 10:00 pm

Flashlight Candy Hunt

Participants can hunt for sweet treasures in the following divisions: 2-5 years and 6-12 years. This event is designed for the entire family and will feature treats, prizes, crafts, and a costume contest. Remember to bring your flashlight, a bag for your treats, and wear your favorite costume. Pre-registration is encouraged.

Fee: \$4 Resident
\$6 Non-Resident

Ages: 2-12

#9930.411 Oct 28 5:00 - 7:00 pm

Turkey Hunt

Join us as we search Veterans Park for clues to where the turkeys are. This event includes crafts, treats, prizes and a scavenger hunt throughout the park. Pre-registration is encouraged.

Ages: 6-10

#9930.412 Nov 17 4:00 pm

Veterans Winter Camp

Join us for adventures and fun in a supportive environment. All camps include an exciting variety of recreational activities: arts and crafts, specialty projects, games, sports, and field trips. Camp begins at 8:30 am and ends at 4:30 pm. Extended care available for an additional fee. Field trips and pricing TBA. Space is limited. Registration begins November 1.

Ages: 6-12

Session 1 #9920-411 Dec 18 - 22

Session 2 #9920-412 Dec 26 - 29

Session 3 #9920-413 Jan 2 - 5

Father Daughter and Mother Son Dance

Join us for our 1st Annual Father Daughter/Mother Son Dance. Experience a special night of music, treats and tender moments.

Fee: \$5 Resident
\$7 Non-Resident
\$2 Additional Child

Ages: 5 and up

Sept 30 5:00 - 7:00 pm

Fall classes



All classes are 10 weeks from September 25 - December 10, unless otherwise noted. There will be no classes from November 20-26 in observance of Thanksgiving. In addition, there will be no classes Friday, November 10 in observance of Veterans Day.

preschool • kids



"Baby Signs" Parent Workshop

Show your baby how to talk by using simple signs and gestures. Your baby can communicate his or her wants and needs and therefore decrease their frustration and boost their self-confidence. Participants will receive the Baby Signs Parent Kit.

Instructor: J. Cayabyab
Fee: \$60 Resident
\$74 Non-Resident

Couples \$80 Resident
\$99 Non-Resident

Ages: Adults

Veterans
#3810.411 Sept 30 11:30 am - 12:15 pm

Bumble Bee Sports

The 9-week Bumble Bee Sports program is designed to provide an introduction to sports and motor-skills development for little athletes. Includes T-shirt, sports photo, and award. Parents are encouraged to attend.

Instructor: Staff
Fee: \$85 Resident
\$105 Non-Resident

Ages: 2-3

Basketball/Flag Football

Otay
#0150.441 Thurs 4:00 - 4:45 pm
Fri games 4:00 - 4:45 pm

Basketball/Flag Football

Otay
#0150.442 Tues 11:00 - 11:45 am
Thu games 11:00 - 11:45 am

Hockey/T Ball

Heritage
#0150.401 Fri 3:30 - 4:15 pm
Sat games 10:00 - 10:45 am

Ages: 4-5

Basketball/Flag Football

Otay
#0150.443 Thurs 5:00 - 5:45 pm
Fri games 5:00 - 5:45 pm

Hockey/T Ball

Heritage
#0150.402 Fri 4:30 - 5:15 pm
Sat games 11:00 - 11:45 am

Creative Hands

Come join your child in a class that will help inspire their imagination with hands on fun. Children will have fun making a variety of art projects. Dress for a mess in this child oriented art class. Parent participation is required. Materials are included.

Instructor: Staff
Fee: \$43 Resident
\$54 Non-Resident

Ages: 2-3

Monteville
#3200.450 Thurs 3:30 - 4:15 pm

Ages: 4-5

Monteville
#3200.451 Thurs 4:30 - 5:15 pm

Dancing with Letters and Numbers

Toddlers learn letter recognition, letter sound, writing letters, and first steps to reading. They will also learn fun songs, games, arts and crafts, theatrical play, and dancing. Also included in this fun energetic class – a certificate with a picture – given to all of the students at the end of the session.

Instructor: A. Ramirez
Fee: \$60 Resident
\$75 Non-Resident

Ages: 3-5

Parkway
#0092.461 Tu, Th 10:30 - 11:30 am

Diaper Daredevils

Parent and child explore gymnastics and develop motor skills and hand/eye coordination using gymnastics equipment. Taught by a former Olympic gymnast.

Instructor: J. Jensen
Fee: \$55 Resident
\$63 Non-Resident

Ages: Walking to 36 months

Parkway
#0080.461 Fri 3:00 - 3:45 pm

Monteville
#0080.450 Mon 10:00 - 10:45 am

Monteville
#0080.452 Tues 10:00 - 10:45 am

Apples to Zebras

Make learning the ABCs fun through games, songs, and arts and crafts. Each child will have an alphabet book to take home.

Instructor: Staff
Fee: \$65 Resident
\$80 Non-Resident

Ages: 3-5

Otay
#0240.441 Mon, Wed 11:15 am - 12:00 pm

Loma Verde
#0240.421 Tue, Thurs 1:15 - 2:00 pm

Fall classes



preschool • kids

Kreative Wonders

This class builds children's perceptual and locomotor skills, and self-esteem. 5-week session.

Instructor: C. Paseman
Fee: \$30 Resident
\$37 Non-Resident

Ages: 18 months - 5 years

Session 1 Begins week of September 25

Toddler Gym

(w/adult) 18 months - 2-1/2 years

#0050.401 **Heritage** Wed 9:00 - 9:40 am

#0050.402 **Heritage** Fri 9:00 - 9:40 am

#0050.403 **Heritage** Sat 9:00 - 9:40 am

#0050.431 **Salt Creek** Tues 9:00 - 9:40 am

Kinder Gym

(w/adult) 2-1/2 years - 3-1/2 years

#0055.401 **Heritage** Wed 9:45 - 10:25 am

#0055.402 **Heritage** Fri 9:45 - 10:25 am

#0055.403 **Heritage** Fri 10:30 - 11:10 am

#0055.404 **Heritage** Sat 9:45 - 10:25 am

#0055.431 **Salt Creek** Tue 9:45 - 10:25 am

Kinder Gym 2

3-1/2 - 5 years

#0060.401 **Heritage** Wed 10:30 - 11:10 am

#0060.402 **Heritage** Sat 10:30 - 11:10 am

#0060.431 **Salt Creek** Tues 10:30 - 11:10 am

Session 2 Begins week of October 30

Toddler Gym

(w/adult) 18 months - 2-1/2 years

#0050.405 **Heritage** Wed 9:00 - 9:40 am

#0050.406 **Heritage** Fri 9:00 - 9:40 am

#0050.408 **Heritage** Sat 9:00 - 9:40 am

Salt Creek

#0050.432 Tues 9:00 - 9:40 am

Kinder Gym

(w/adult) 2-1/2 years - 3-1/2 years

#0055.405 **Heritage** Wed 9:45 - 10:25 am

#0055.406 **Heritage** Fri 10:30 - 11:10 am

#0055.407 **Heritage** Sat 9:45 - 10:25 am

#0055.408 **Heritage** Sat 9:45 - 10:25 am

#0055.432 **Salt Creek** Tue 9:45 - 10:25 am

Kinder Gym 2

3-1/2 - 5 years

#0060.403 **Heritage** Wed 10:30 - 11:10 am

#0060.404 **Heritage** Sat 10:30 - 11:10 am

#0060.432 **Salt Creek** Tues 10:30 - 11:10 am

Learn and Play

Designed for children with more than one interest. Includes arts and crafts, music and movement, language and number development, and sports clinics. Each week your child will bring home an item showing their accomplishments. Parent participation encouraged.

Instructor: Staff
Fee: \$90 Resident
\$112 Non-Resident

Ages: 3-5

#0230.441 **Otay** Tue, Thurs 9:15 - 10:45 am

Little Dunkers "Basketball"

Learn the basics of dribbling, shooting, defense, and passing. Emphasis is placed on coordination, participation, and fun!

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 2-3

September 30 - October 28

#0330.452 **Monteville** Sat 10:00 - 10:45 am

November 3 - December 8

#0330.453 **Monteville** Fri 4:00 - 4:45 pm

Ages: 4-5

September 30 - October 28

#0335.452 **Monteville** Sat 11:00 - 11:45 am

November 3 - December 8

#0335.453 **Monteville** Fri 5:00 - 5:45 pm

Little Hands

You and your child will love spending time exploring, creating, and making messes in this fun and stimulating class. Children create a variety of projects. Expect a mess! Class requires parent participation. Materials are included.

Instructor: Staff
Fee: \$35 Resident
\$44 Non-Resident

Ages: 18 months - 3 years

#0020.401 **Heritage** Thurs 9:45 - 10:15 am

#0020.411 **Veterans** Mon 10:00 - 10:30 am

#0020.412 **Veterans** Wed 3:30 - 4:00 pm

Ages: 3-5

#0025.401 **Heritage** Thurs 9:00 - 9:30 am

#0025.411 **Veterans** Mon 10:45 - 11:15 am

Little Kickers Soccer

Learn the basics of dribbling, shooting, defense, and passing. Emphasis is placed on coordination, participation, and fun!

Instructor: Staff
Fee: \$20 Resident
\$25 Non-Resident

Ages: 2-3

September 28 - October 26

#0330.413 **Veterans** Thurs 4:00 - 4:45 pm

October 31 - December 5
#0330.414 **Veterans** Tues 4:00 - 4:45 pm



All classes are 10 weeks from September 25 - December 10, unless otherwise noted. There will be no classes from November 20-26 in observance of Thanksgiving. In addition, there will be no classes Friday, November 10 in observance of Veterans Day.

Ages: 4-5

September 28 - October 26

Veterans

#0335.415 Thurs 5:00 - 5:45 pm

October 31 - December 5

Veterans

#0335.416 Tues 5:00 - 5:45 pm

Little Sluggers "T-Ball"

Learn the basics of catching, throwing, and hitting. Emphasis is placed on coordination, participation, and fun!

Instructor: Staff

Fee: \$20 Resident

\$25 Non-Resident

Ages: 2-3

September 29 - October 27

Monteville

#0330.450 Fri 4:00 - 4:45 pm

November 4 - December 9

Monteville

#0330.451 Sat 10:00 - 10:45 am

Ages: 4-5

September 29 - October 27

Monteville

#0335.450 Fri 5:00 - 5:45 pm

November 4 - December 9

Monteville

#0335.451 Sat 11:00 - 11:45 am

Little Sport Stars

Boys and girls will learn how to play popular sports their favorite stars play, including soccer, baseball, football, and more. Sign up early-space is limited!

Instructor: Staff

Fee: \$30 Resident

\$38 Non-Resident

Ages: 3-5 8 week class

Community Youth Center

#0220.481 Wed 3:15 - 4:00 pm

Ages: 5-7 8 week class

Community Youth Center

#0220.482 Wed 4:15 - 5:00 pm

Loma Verde

#0220.421 Thurs 4:30 - 5:15 pm

Little Sticks Hockey

Learn the basics of shooting, defense, and passing. Emphasis is placed on coordination, participation, and fun.

Instructor: Staff

Fee: \$20 Resident

\$25 Non-Resident

Ages: 2-3

September 26 - October 24

Veterans

#0330.411 Tues 4:00 - 4:45 pm

November 2 - December 7

Veterans

#0330.412 Thurs 4:00 - 4:45 pm

Ages: 4-5

September 26 - October 24

Veterans

#0335.411 Tues 5:00 - 5:45 pm

November 2 - December 7

Veterans

#0335.412 Thurs 5:00 - 5:45 pm

Me, You, and Fun Too!

You and your child will enjoy quality bonding time enjoying arts and crafts, storytelling, circle time, music and movement, and more.

Instructor: Staff

Fee: \$45 Resident

\$55 Non-Resident

Ages: 18 months - 3 years

Otay

#0280.441 Tues 4:00 - 5:00 pm

Otay

#0280.442 Thurs 12:00 - 1:00 pm

Mom (or Dad) and Me

The primary goal of this class is to develop socialization skills through exposure to other children. The activities will be geared toward interaction between parent and child. Parents will also find this class to be a valuable way to share their child-rearing experiences with other parents.

Instructor: Roxanne Knight

Fee: \$38 Resident

\$48 Non-Resident

Ages: 18 months - 3 years

Parkway

#0001.461 Mon 10:00 - 11:00 am

Mommy and Me Creative Dance

Have fun learning new dance moves with your little one. This class will incorporate various forms of dance and lots of imagination with a primary focus on ballet.

Instructor: F. Alvarez

Fee: \$43 Resident

\$53 Non-Resident

Ages: 2-3

Salt Creek

#0130.432 Wed 9:00 - 9:30 am

Ages: 3-4

Monteville

#0130.451 Tues 9:30 - 10:00 am

Morning Preschool Ballet

This class will help your child develop flexibility, musicality and coordination. 10 student class size guarantees your child individual attention.

Instructor: F. Alvarez

Fee: \$43 Resident

\$53 Non-Resident

Ages: 2-5

Monteville

#0130.452 Tues 11:00 - 11:30 am

Morning Preschool Tap and Ballet

Musicality and coordination skills will be developed while learning the basics of ballet and tap.

Instructor: F. Alvarez

Fee: \$43 Resident

\$53 Non-Resident

Ages: 3-4

Salt Creek

#0130.430 Wed 9:30 - 10:00 am

Monteville

#0130.450 Tues 11:30 am - 12:15 pm

Pee Wee Sports

Introduction to T-Ball, Basketball, Soccer and many other sports. Skills and sportsmanship are taught in a fun, non-competitive setting by trained coaches.

Instructor: Staff

Fee: \$38 Resident

\$47 Non-Resident

Ages: 3-5 8 week class

Parkway

#0098.468 Tues 3:00 - 3:50 pm

Fall classes



preschool • kids

Preschool Ballet

First position, second position and FUN! Learn simple ballet techniques and terminology. Emphasis on basic motor skills, creative movement, and imagination.

Instructor: C. Perez and Staff
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

	Parkway (new students)
#0110.461	Mon 3:30 - 4:00 pm
	Parkway (returning students)
#0110.462	Mon 4:00 - 4:30 pm
	Heritage (returning students)
#0110.401	Thurs 5:30 - 6:00 pm
	Heritage (returning students)
#0110.402	Fri 5:45 - 6:15 pm
	Loma Verde
#0110.426	Fri 4:30 - 5:00 pm
	Otay
#0110.444	Wed 5:00 - 5:30 pm
	Community Youth Center
#0110.485	Thurs 4:00 - 4:30 pm
	Monteville (new students)
#0110.450	Mon 3:30 - 3:00 pm
	Monteville (returning students)
#0110.451	Thurs 4:00 - 4:30 pm
	Salt Creek
#0110.433	Tues 5:00 - 5:30 pm

Preschool Ballet / Tap

Learn elementary ballet and tap techniques to develop motor learning skills, with increased emphasis on creative movement. Course also covers routines, rhythm, coordination, and stretching.

Instructor: C. Perez and Staff
Fee: \$30 Resident
\$37 Non-Resident

Ages: 2-6

	Otay
#0120.441	Wed 4:30 - 5:00 pm
	Monteville
#0120.450	Wed 4:00 - 4:30 pm

Ages: 3-5

	Community Youth Center
#0110.488	Sat 12:30 - 1:00 pm
	Parkway
#0110.463	Tues 4:30 - 5:00 pm
	Loma Verde
#0110.421	Mon 4:15 - 4:45 pm
	Veterans
#0110.411	Mon 5:00 - 5:30 pm

Preschool Ballet Folklórico

This fun and festive class teaches the basics of Folklórico dance.

Instructor: M. Sanchez
Fee: \$30 Resident
\$37 Non-Resident

Ages: 1-5

	Veterans
#0210.411	Wed 4:15 - 4:45 pm
	Monteville
#0210.451	Tues 3:45 - 4:15 pm

Preschool Belly Dancing

Students will learn basic belly dancing movements, as well as dancing with veils to prepare for student performance. Hip scarf's and veils are required by second class.

Instructor: C. Martinez
Fee: \$44 Resident
\$55 Non-Resident

Ages: 3-5 8 week class

	Loma Verde
#0180.421	Wed 3:30 - 4:00 pm

Preschool Creative Dance

Learn dance techniques in a fun and different way! Improve coordination, attention span, and the ability to express through movement, music and fun.

Instructor: C. Perez
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

	Heritage
#0201.401	Fri 4:45 - 5:15 pm
	Salt Creek
#0201.436	Fri 4:30 - 5:00 pm

Preschool Gymnastics

The class emphasizes the development of coordination, balance, flexibility and self-confidence through the introduction of beginning tumbling skills.

Instructor: C. Moses
Fee: \$43 Resident
\$52 Non-Resident

Ages: 3-5

	Loma Verde
#0010.423	Sat 9:00 - 9:50 am
	Monteville
#0010.450	Fri 3:00 - 3:50 pm
	Veterans
#0010.411	Wed 3:00 - 3:50 pm

Preschool Hip Hop

This class is designed for the little dancers who want to have fun learning the basic hip hop moves.

Instructor: C. Perez and Staff
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

	Otay
#0200.441	Mon 6:15 - 6:45 pm
	Otay
#0200.442	Wed 4:00 - 4:30 pm
	Loma Verde
#0200.421	Sat 9:30 - 10:00 am
	Heritage
#0200.401	Fri 5:15 - 5:45 pm
	Monteville
#0200.450	Thurs 4:30 - 5:00 pm
	Parkway
#0200.461	Thurs 4:30 - 5:00 pm
	Salt Creek
#0200.433	Tues 5:30 - 6:00 pm

Preschool Hip Hop/Tumbling

Learn basic hip hop and other creative dance moves along with basic tumbling. Students will learn a dance and present it to parents at the end of the session. Class will cover stretching in circle time, warm up, practicing dance, free and fun time dancing, and a cool down game.

Instructor: L. Ramirez
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

	Veterans
#1920.411	Fri 4:45 - 5:30 pm



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Preschool Jazz Dance

Students will learn Jazz dance techniques; stretching, center, across-the-floor, turns, and combinations set to contemporary Jazz music.

Instructor: C. Perez and Staff

Fee: \$36 Resident
\$45 Non-Resident

Ages: 3-5

#0180.433 **Salt Creek**
Fri 4:00 - 4:30 pm

Preschool Karate

Learn the basics of karate including basic body movement and placement, as well as timing. Parent participation is encouraged.

Instructor: Jessica Hickman

Session Fee: \$25 Resident
\$30 Non-Resident

Ages: 3-5

#0030.481 **Community Youth Center**
Thurs 3:15 - 3:45 pm

#0030.461 **Chula Vista Woman's Club**
Tues 3:15 - 3:45 pm

Instructor: Gary Amen
Fee: \$37 Resident
\$44 Non-Resident

Ages: 3-5

Beginning

#0030.442 **Otay**
Thurs 3:00 - 3:45 pm

#0030.411 **Veterans**
Thurs 4:15 - 5:00 pm

#0030.412 **Veterans**
Sat 11:00 - 11:45 am

#0030.421 **Loma Verde**
Wed 3:30 - 4:15 pm

#0030.450 **Monteville**
Mon 3:00 - 3:45 pm

#0030.451 **Monteville**
Tues 3:00 - 3:45 pm

Intermediate

#0030.422 **Loma Verde**
Wed 4:20 - 4:50 pm

Preschool Mini Soccer

This course teaches soccer basics including dribbling, striking, and team play.

Instructor: Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 3-5 8 week class

#0098.462 **Parkway**
Thurs 3:15 - 4:00 pm

Preschool Tap Dance

This class offers heel and toe-tapping fun! Emphasis on motor skills and using creative movement with imagination. Performances are scheduled when available.

Instructor: C. Martinez

Fee: \$45 Resident
\$55 Non-Resident

Ages: 4-5

#0129.401 **Heritage**
Mon 3:30 - 4:30 pm

#0120.436 **Salt Creek**
Sat 12:30 - 1:00 pm

Preschool Tennis

Children learn to play with tennis balls and racquets while increasing their hand-eye coordination and motor skills.

Instructor: J. Villanueva
Fee: \$60 Resident
\$74 Non-Resident

Ages: 4-5

#0140.452 **Monteville**
Tues 10:00 - 10:45 am
6 week class

Preschool Traditional Dance Folklorico Mexicano

Fun and festive basic recreational instruction in various regional dances. Emphasis is on developing rhythm and motor skills.

Instructor: Y. Chacón-Beniquez
Fee: \$30 Resident
\$37 Non-Resident

Ages: 3-5

#0140.462 **Parkway**
Sat 9:30 - 10:00 am

"Sign, Say and Play" A Baby Signs Program

This six-week class for both babies and parents is designed with a broader educational goal in mind. By embedding the learning of signs in activities that promote cognitive, social, language, literacy, and sensory-motor development, this class teaches parents specific ways to provide support in areas that all babies need to make the most of their critical first three years. Fee includes materials.

Instructor: J. Cayabyab

Fee: \$140 Resident
\$174 Non-Resident

Ages: 6 months - 3 years

#3815.411 **Veterans**
Sat 11:30 am - 12:15 pm
October 7 - November 11

Sing, Sign, and Play-Mommy and Me Class

Come play with your child, while learning American Sign Language. Learn how signing can help you to communicate with your baby before they can talk and help your 13-24 month old through those frustrating toddler years.

Price includes materials.

Instructor: L. Albertson

Fee: \$90 Resident
\$112 Non-Resident

Ages: 6-12 months

#0070.450 **Monteville 5 week class**
Wed 9:00 - 9:50 am

#0070.451 **Monteville 5 week class**
Sat 9:00 - 9:50 am

Ages: 13-24 months

#0070.452 **Monteville 5 week class**
Wed 10:00 - 10:50 am

#0070.453 **Monteville 5 week class**
Sat 10:00 - 10:50 am

Fall classes



preschool • kids

Super Tots

Activities include loco motor warm up, circuit training on kid size gymnastics apparatus to develop gymnastics skills rhythm, strength, motor skills and flexibility. Taught by a former Olympic gymnast.

Instructor: J. Jensen
Fee: \$55 Resident
 \$63 Non-Resident

Ages: 3-5

#0080.462 **Parkway**
 Fri 4:00 - 4:45 pm
#0080.451 **Monteville**
 Mon 11:00 - 11:45 am
#0080.453 **Monteville**
 Tues 11:00 - 11:45 am

Tiny Tappers

This class is intended for introductory level preschool aged children desiring to learn how to tap dance and learn basic coordination skills in a fun environment.

Instructor: V. Pittman
Fee: \$35 Resident
 \$43 Non-Resident

Ages: 3-5

#1215.461 **Parkway**
 Wed 4:15 - 4:45 pm

Tiny Tots

This program is designed to provide stimulating and enjoyable experiences for youngsters during their first step away from home. We recommend that children who are registered for four days try classes at each center to get exposure to more than one instructor. Parents provide daily snacks. All participants must be completely potty trained. Proof of age is required at the first class meeting.

Instructor: D. Sakamoto (PW), I. Pike (V)
 M. Campos (LV), Sullivan-Rupic (M),
 J. Nucup (SC)

Fee: \$110 Resident
 \$138 Non-Resident

Ages: 3-5

#0090.461 **Parkway**
 Tues, Thurs 9:00 - 11:50 am

Parkway

#0090.463 Wed, Fri 9:00 - 11:50 am

Monteville

#0090.450 Tues, Thurs 9:00 - 11:50 am

Monteville

#0090.451 Wed, Fri 9:00 - 11:50 am

Salt Creek

#0090.433 Tues, Thurs 9:00 - 11:50 am

Salt Creek

#0090.434 Wed, Fri 9:00 - 11:50 am

Loma Verde

#0090.422 Tue, Thurs 9:00 - 11:50 am

Loma Verde

#0090.424 Wed, Fri 9:00 - 11:50 am

Veterans

#0090.411 Tues, Thurs 9:00 - 11:50 am

Veterans

#0090.412 Wed, Fri 9:00 - 11:50 am

Tot Fun Hour

Join us for an hour of reading, dancing, singing, crafts, and more. Themes include, Dr. Seuss, Berenstain Bears, fairy tales, and rhymes. Your child will learn ABCs, numbers, social skills and motor skills.

Instructor: Staff
Fee: \$40 Resident
 \$49 Non-Resident

Ages: 4-5

#0030.401 **Heritage**
 Thurs 11:00 am - 12:00 pm

Wiggly Worms

Let's play together! We'll sing, dance, and shout to try to get our wiggles out. We will have games, obstacle courses, plus music and movement activities. Develop both physical and social skills while having a great time.

Instructor: Staff
Fee: \$50 Resident
 \$62 Non-Resident

Ages: 18 months - 3 years

#0210.441 **Otay**
 Tues 12:00 - 12:45 pm

#0250.411 **Veterans**
 Thurs 11:30 am - 12:15 pm



performing arts

Adult Tap Dance

Toe-tappin' fun, learning basic steps through intermediate routines. Great cardio exercise, great class! Tap shoes required at the second class meeting.

Instructor: C. Schroeder
Fee: \$25 Resident
 \$30 Non-Resident

Ages: 16 and over

#1260.462 **Parkway**
 Mon 7:00 - 7:50 pm

Ballet

You'll improve your poise as you learn ballet steps, techniques and terminology. This course covers ballet combinations, rhythm, coordination and stretching.

Instructor: C. Perez and Staff
Fee: \$36 Resident
 \$45 Non-Resident

Ages: 4-6, Level 2

#1230.401 **Heritage**
 Thurs 6:00 - 6:30 pm

Ages: 6 and over, Level 1

#1230.411 **Veterans**
 Mon 5:45 - 6:30 pm

#1230.442 **Otay**
 Wed 5:30 - 6:15 pm

#1230.483 **Community Youth Center**
 Thurs 4:30 - 5:15 pm

#1230.435 **Salt Creek**
 Fri 6:30 - 7:15 pm



All classes are 10 weeks from September 25 - December 10, unless otherwise noted. There will be no classes from November 20-26 in observance of Thanksgiving. In addition, there will be no classes Friday, November 10 in observance of Veterans Day.

#1230.436 **Salt Creek**
Sat 2:30 - 3:15 pm

Ages: 6 and over, Level 1 and 2
Heritage

#1235.402 Fri 6:15 - 7:00 pm

Loma Verde

#1235.424 Fri 5:00 - 5:45 pm

Parkway

#1220.461 Mon 4:30 - 5:15 pm

Monteville

#1240.450 Mon 4:45 - 5:30 pm

Ages: 8 and over, Level 3 and 4

Parkway

#1240.461 Mon 5:15 - 6:00 pm

Monteville

#1240.451 Mon 5:30 - 6:15 pm

Heritage

#1240.401 Thurs 6:30 - 7:15 pm

Ages: Teen 13 and over

Salt Creek

#1245.433 Tues 6:45 - 7:45 pm

Ages: Adult 16 and over

Salt Creek

#1255.436 Sat 3:15 - 4:15 pm

Ballet and Tap

Girls and boys will enjoy this fun-filled class learning new dancing styles and the latest techniques of ballet and tap. Teaching kids to dance at a young age helps them develop athletic prowess as well as self-confidence. Plus, they'll have a great time!

Instructor: C. Perez and Staff

Fee: \$36 Resident
\$45 Non-Resident

Ages: 5-9

Community Youth Center

#1230.484 Sat 1:00 - 1:45 pm

Parkway

#1230.461 Tues 5:00 - 5:45 pm

Ages: 5-12

Loma Verde

#1230.421 Mon 4:45 - 5:30 pm

Veterans

#1230.412 Fri 6:00 - 6:45 pm

Ages: 6-12

Monteville

#1230.450 Wed 4:30 - 5:15 pm

Community Youth Center

#1235.486 Sat 1:45 - 2:30 pm

Ballet Folklorico-Xochitl

Instruction offered in regional dances with emphasis on stage presence, self-confidence and projection. Performances are given throughout the year. Costuming cost not included in fee.

Instructor: M. Sanchez

Fee: \$30 Resident
\$37 Non-Resident

Ages: 6 and over

Veterans

#1245.411 Wed 5:00 - 5:45 pm

Ballroom Dances

Come out and learn various ballroom dances including the Rumba, Tango, Waltz, Swing, and Cha-Cha.

Instructor: S. Martin

Fee: \$45 Resident
\$55 Non-Resident

Ages: 16 and over

Veterans

#1710.411 Tues 8:00 - 9:00 pm

Monteville

#1710.450 Wed 6:00 - 6:50 pm

Beginning Ballet Folklorico

Learn dance techniques in a fun and different way. Improve coordination, attention span, and the ability to express through movement, music and fun.

Instructor: C. Perez and Staff

Fee: \$30 Resident
\$36 Non-Resident

Ages: 5-10

Monteville

#1510.450 Thurs 5:00 - 5:45 pm

Beginning Flamenco Dance

Learn flamenco exercise patterns to develop grace, agility, rhythm and coordination. The class introduces children to the joys of flamenco dance and prepares choreography for a student performance.

Instructor: C. Perez and Staff

Fee: \$36 Resident
\$45 Non-Resident

Ages: 5-10

Salt Creek

#1480.436 Fri 5:00 - 5:45 pm

Beginning Adult and Teen Ballet

No matter your skill level, enjoy getting fit through ballet. This class stresses the basics, and also includes gentle stretching, strength building, and improved body awareness.

Instructor: F. Alvarez

Fee: \$60 Resident
\$74 Non-Resident

Ages: 14 and over

Monteville

#2230.450 Tues 6:00 - 7:00 pm

Beginning Polynesian Dance

Learn the beautiful dances of Hawaii and Tahiti. This class will focus on beginning basics of hula and Tahitian, and the history of each dance.

Instructor: L. Jasmin

Fee: \$41 Resident
\$50 Non-Resident

Ages: 5-10

Monteville

#1100.450 Fri 5:15 - 6:00 pm

Ages: 10 and over

Monteville

#1100.451 Fri 6:15 - 7:00 pm

Beginning Tap Dance

Tap is a great way to learn coordination and develop a sense of rhythm. Emphasis is on basic steps, rhythm, easy routines and having fun.

Instructor: C. Perez and Staff

Fee: \$36 Resident
\$45 Non-Resident

Ages: 6 and over

Monteville

#1205.450 Mon 4:00 - 4:45 pm

Salt Creek

#1205.436 Sat 1:45 - 2:30 pm

Loma Verde

#1205.436 Sat 10:45 - 11:30 am

Fall classes



performing arts

Belly Dancing

This ancient and beautiful art form has many movements that are thousands of years old. The class combines movements, veils and finger cymbals with dance.

Instructor: L. Stacey (YC), C. Martinez (PW)
D. Aragon-Weisner (HC)

Fee: \$45 Resident
\$55 Non-Resident
\$8 for single class at Parkway

Ages: Adults

Community Youth Center
#1540.481 Mon 6:00 - 7:00 pm

Parkway (8 weeks)
#1540.462 Wed 6:30 - 7:20 pm

Heritage
#1540.401 Mon 6:00 - 6:50 pm

Monteville
#1540.450 Tues 7:00 - 7:50 pm

Loma Verde 8 week class
#1540.421 Mon 7:00 - 7:50 pm

Loma Verde
#1540.422 Tues 7:30 - 8:20 pm

Heritage
#1540.402 Tues 6:00 - 6:50 pm

Creative Art of Acting

So, you want to be an actor? Experience the technical and creative aspects of theatre arts. Aspiring actors of all ages will gain insight into the principles of acting including vocal techniques, character and scene analysis, improvisation and more.

Instructor: D. Smith
Fee: \$33 Resident
\$39 Non-Resident

Ages: 8 - Adult

Otay
#1530.444 Wed 6:15 - 7:45 pm

Fee: \$49 Resident
\$61 Non-Resident

Chula Vista Woman's Club
#1530.461 Sun 2:00 - 4:00 pm

Monteville
#2110.450 Thurs 6:00 - 8:00 pm

Dance Technique – Folklorico Mexicano

Structured for intermediate abilities. Class includes skirt movements and stage presentations.

Instructor: Y. Chacon-Beniquez

Fee: \$30 Resident
\$37 Non-Resident

Ages: 11-20 (Girls only)

Parkway
#1260.461 Sat 3:00 - 3:50 pm

East Coast Swing

Come learn the Jitterbug in this class that offers the basic foundation of swing. You will learn partner combinations and have fun at the same time.

Instructor: S. Martin

Fee: \$53 Resident
\$65 Non-Resident

Ages: 16 and over

Monteville
#1720.450 Wed 7:00 - 8:00 pm

Flamenco Dance

Flamenco is one of the most renowned and beautiful of all Spanish dances. Students will develop self-confidence, rhythm, teamwork, poise, stage presentation and preparation for public appearances. Practice items and costume costs are in addition to class fees.

Instructor: D. Weisner
Fee: \$45 Resident
\$55 Non-Resident

Ages: 6 and over

Beginning, Level 1

Heritage
#1470.401 Tues 5:00 - 5:50 pm

Monteville
#1470.450 Mon 7:30 - 8:20 pm

Hawaiian Dance

Learn the Dances of Hawaii, New Zealand, and Tahiti. This class has an emphasis on show dancing. Students will learn three regional dances in each class, including Poi Balls from New Zealand and much more.

Instructor: M. Tuminting
Fee: \$35 Resident
\$43 Non-Resident

Ages: 6-12

Community Youth Center
#1282.481 Tues 5:00 - 5:50 pm

Ages: 13 - Adult

Community Youth Center
#1282.486 Tues 6:00 - 6:50 pm

Hip Hop 101

Have fun learning different styles of hip hop. Improve your coordination, rhythm, self-esteem, and learn how to choreograph your own dance. Christian, R & B, and rap music will be played.

Instructor: L. Ramirez

Fee: \$35 Resident
\$44 Non-Resident

Ages: 6-8

Veterans
#1265.411 Tues 6:00 - 6:50 pm

Ages: 9 and over

Veterans
#1265.412 Sat 2:30 - 3:20 pm

Hip Hop

Want to learn basic hip hop, or improve your dance skills? You'll dance to great music, meet new people and have fun!

Instructor: C. Perez and Staff
Fee: \$36 Resident
\$45 Non-Resident

Ages: 6-13

Community Youth Center
#1365.481 Tues 7:00 - 7:45 pm

Parkway
#1365.462 Thurs 5:00 - 5:45 pm

Monteville
#1365.450 Thurs 5:00 - 5:45 pm

Ages: 6 and over

Otay
#1365.442 Mon 6:45 - 7:30 pm

Loma Verde
#1365.422 Sat 10:00 - 10:45 am

Salt Creek
#1365.433 Tues 6:00 - 6:45 pm

Ages: 14 and over

Community Youth Center
#1365.482 Tues 8:00 - 8:45 pm

Loma Verde
#1365.423 Sat 11:30 am - 12:15 pm

Monteville
#1370.450 Thurs 5:45 - 6:30 pm



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Hip-Hop and Step Exercise

Do you want to learn how to step? Do you want to learn hip-hop? Learn both of these great dances and have fun at the same time.

Instructor: A. Jurado

Fee: \$24 Resident
\$30 Non-Resident

Ages: 14 and under

Salt Creek
#1490.431 Mon 3:30 - 4:20 pm

Monteville
#1490.451 Fri 4:00 - 4:45 pm

Intro to Hula

Hula with us! Students will enjoy island music while learning the basic movements of hula dance.

Instructor: S. Mesina

Fee: \$35 Resident
\$44 Non-Resident

Ages: 6-12

Heritage
#1280.401 Wed 5:00 - 5:50 pm

Jazz and Hip-Hop

Learn basic dance techniques, combinations and terminology. Develop coordination, flexibility, rhythm and performance presence.

Instructor: C. Perez

Fee: \$36 Resident
\$45 Non-Resident

Ages: 6 and over

Beginning

Heritage
#1610.401 Wed 4:00 - 4:45 pm

Salt Creek
#1610.435 Sat 1:00 - 1:45 pm

Jazz / Hip Hop

Students will learn Jazz dance techniques; stretching, center, across-the-floor, turns and combinations set to contemporary Jazz music.

Instructor: C. Perez and Staff

Fee: \$36 Resident
\$45 Non-Resident

Ages: 5-10

Monteville
#1610.450 Tue 4:15 - 5:00 pm

Salt Creek
#1180.433 Fri 5:45 - 6:30 pm

Jazz / Modern

Have fun learning a variety of different basic dance steps to music light or upbeat. Learn to choreograph your own dance and the terminology to different dance steps. Develop coordination, rhythm, and self-confidence.

Instructor: L. Ramirez

Fee: \$35 Resident
\$44 Non-Resident

Ages: 6 and over

Veterans
#1900.411 Tues 5:00 - 5:45 pm

Keyboard

Students learn basic keyboard playing, including note reading, fingering, chords, and rhythm. Students provide their own keyboards with at least four octaves or 30 keys in length. Fee includes materials.

Instructor: N. Villanueva

Fee: \$62 Resident
\$77 Non-Resident

Ages: 7 and over

Heritage
#1580.401 Wed 4:00 - 4:50 pm

Kids Latin Dance

Come learn the popular Latin dances: Salsa, Merengue, and the Cha-Cha. Kids will learn basic patterns, combinations, rhythm, and coordination.

Instructor: S. Martin

Fee: \$45 Resident
\$55 Non-Resident

Ages: 8 and over

Veterans
#1700.411 Thurs 5:00 - 6:00 pm

Little Voices

This class teaches basic vocal techniques like breathing, phrasing, and enunciation. Singing helps develop confidence and teamwork. Fee includes materials.

Fee: \$62 Resident
\$77 Non-Resident

Ages: 7-12

Heritage
#1520.401 Wed 5:00 - 5:50 pm

Mariachi Performance

Learn and develop techniques for Mariachi performance. You will learn how to acquire the basic skills for reading music and "playing by ear" for study and performance. Students must provide their own Mariachi instruments: vihuela, violin, guitarron, guitar, trumpet, requinto, viola, arpa (harp) as well as voz (voice).

Instructor: R. Ojeda

Fee: \$60 Resident
\$74 Non-Resident

Ages: 9-13

Parkway
#2158.461 Tues 6:00 - 6:50 pm

Ages: 14 and over

Parkway
#2158.463 Tues 7:00 - 7:50 pm

Monteville Polynesian Dance

Learn the beautiful dances of Hawaii and Tahiti. This class will focus on beginning basics of hula and Tahitian, and the history of each dance.

Instructor: L. Jasmin

Fee: \$35 Resident
\$43 Non-Resident

Ages: 5-10

Monteville
#1100.450 Fri 5:15 - 6:00 pm

Ages: 10 and over

Monteville
#1100.451 Fri 6:15 - 7:00 pm

Fall classes



performing arts

Morning Beginning Ballet

This class will help your child develop flexibility, musicality, and coordination. Small class size guarantees your child individual attention.

Instructor: F. Alvarez

Fee: \$60 Resident
\$74 Non-Resident

Ages: 6 and over

Montvalle

#1251.450 Tues 10:00 - 11:00 am

Move-in-Line

Progressive Line Dancing

Join an exercise class with exciting choreography to a variety of musical selections that will keep you asking for more. Bring your friends and neighbors to join in an activity that is fun and healthy for all ages.

Fee: \$30 Resident
\$38 Non-Resident

Ages: 13 and over

Ultra Beginners

Veterans

#1510.411 Mon 6:30 - 7:30 pm

Improvers

Veterans

#1510.412 Mon 7:30 - 9:00 pm

Intermediate

Veterans

#1510.413 Mon 7:00 - 9:00 pm

Fee: \$50 Resident
\$63 Non-Resident

Both Improvers and Intermediate

Veterans

#1510.414 Mon 7:30 - 9:00 pm
Thurs 7:00 - 9:00 pm

Polynesian Dance

Learn Polynesian dance. New dances will be introduced to intermediate and advanced students, emphasizing challenging routines. Instructor's approval is required for all intermediate and advanced classes.

Instructor: G. Berthiaume
Fee: \$25 Resident
\$30 Non-Resident

Level 1

Ages: 5 and over
Loma Verde

#1280.422 Thurs 5:45 - 6:30 pm

Level 1

Ages: 12 - Adult
Loma Verde

#1290.421 Wed 7:30 - 8:20 pm

Level 2

Ages: 5 and over
Loma Verde

#1285.425 Thurs 6:45 - 7:30 pm

Level 3

Ages: 5 and over
Loma Verde

#1295.421 Wed 5:30 - 6:20 pm

Level 4

Ages: 9 and over
Loma Verde

#1298.425 Wed 6:30 - 7:20 pm

Rondalla

Learn the basics of singing and guitar as introductory to Mariachi performance.

This class is great for beginners to Mariachi music. No previous musical experience necessary. Students must provide their own instruments.

Instructor: R. Ojeda

Fee: \$52 Resident
\$64 Non-Resident

Ages: 10 and over

Parkway

#2158.465 Wed 5:15 - 6:15 pm

Salsa and Merengue

Learn basic Salsa and Merengue patterns and combinations. Improve your rhythm and coordination. Come learn these passionate dances and you will be ready to hit the dance clubs in no time.

Instructor: S. Martin

Fee: \$45 Resident
\$55 Non-Resident

Ages: 16 and over

Beginner

Veterans

#1730.411 Thurs 6:00 - 7:00 pm

Monteville

#1730.450 Wed 8:00 - 8:50 pm

Intermediate

Must know all basic salsa patterns

Veterans

#1730.412 Tues 7:00 - 8:00 pm

Traditional Dance

Folklorico Mexicano

Learn traditional, regional Mexican dances and perform them on stage! Instruction emphasizes stage presence, self-confidence and projection. Costuming cost not included in fee. Instruction approval required for Level 2, Intermediate and Advanced classes.

Instructor: Y. Chacón-Beniquez

Fee: \$30 Resident
\$37 Non-Resident

Beginning

Ages: 6 and over
Parkway (Level 1)

#1245.463 Sat 11:00 - 11:50 am

Beginning

Ages: 18 and over
Parkway (Level 2)

#1245.462 Sat 10:00 - 10:50 am

Emerging

Ages: 11-20
Parkway

#1245.461 Sat 1:00 - 1:50 pm

Intermediate

Ages: 7 and over
Parkway (Level 1)

#1250.463 Sat 2:00 - 2:50 pm

Parkway (Level 2)

#1250.462 Sat 12:00 - 12:50 pm

Advanced

Ages: 8 and over
Parkway

#1255.461 Thurs 6:00 - 6:50 pm

Traditional Polynesian Dance

Aloha! Come dance and have fun while learning the basics of Hawaiian and Tahitian dance. The adult class will enjoy the cardiovascular benefits of "Hularobics."

Instructor: S. Valenzuela

Fee: \$20 Resident
\$25 Non-Resident

Ages: 5-10

Veterans

#1100.411 Wed 4:30 - 5:20 pm

Ages: 11-15

Veterans

#1100.412 Wed 5:30 - 6:20 pm

Ages: 16 and over

Veterans

#1100.413 Wed 6:30 - 7:20 pm



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Youth Belly Dancing

Colorful Middle Eastern outfits with lots of sparkles give this belly dancing class an exotic feel. Students will learn rhythm, coordination and stretching.

Instructor: L. Stacey

Fee: \$30 Resident
\$36 Non-Resident

Ages: 6-12

Community Youth Center

#1410.481 Mon 6:00 - 7:00 pm

Instructor: Aragon-Weisner

Fee: \$45 Resident
\$55 Non-Resident

Heritage

#1410.401 Tues 5:00 - 5:50 pm

Youth to Adult Belly Dancing

This class will teach you to do arm movements, shimmies, and isolations. Hip scarf's and veils required by second class.

Instructor: C. Martinez

Fee: \$40 Resident
\$49 Non-Resident

Ages: 6-18 8 week class

Loma Verde

#1454.424 Mon 6:00 - 6:50 pm

creative classes

Advanced Drawing For Kids

In this class students will practice proportion, line and tone, shading and smudging methods. Different types of media will be presented throughout the year (pencil, charcoal, pen, etc.) A \$10 materials fee is to be paid to the instructor at the first class.

Instructor: C. Olimon

Fee: \$65 Resident
\$80 Non-Resident

Ages: 9-12

Heritage

#3161.401 Tues 6:00 - 7:10 pm

Animal Art

Lions, Tigers, and Bears, oh my! Create a marvelous menagerie of colorful creatures using a potpourri of mixed media. Try collage, mosaics, pen and ink, and more. Learn to paint without a brush! All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: T. Mill

Fee: \$42 Resident
\$53 Non-Resident

Ages: 6-13

Veterans

#3162.411 Mon 4:00 - 4:50 pm

Monteville

#3162.450 Tues 6:00 - 6:50 pm

Art Studio

Classes are designed to introduce artists, art history and contemporary art through hands-on projects. Your child will explore the endless opportunity of imagination and self expression.

Instructor: Staff

Fee: \$40 Resident
\$50 Non-Resident

Ages: 6-12

Salt Creek

#3150.434 Thurs 4:00 - 4:50 pm

Art-Tastic

Students will learn drawing, painting and sculpture in this Art-Tastic class. Art supplies will be provided.

Instructor: Staff

Fee: \$45 Resident
\$55 Non-Resident

Ages: 6-12

Community Youth Center

#3113.482 Tues 6:00 - 6:50 pm

Babysitter's Training Certification

This American Red Cross certification course has been reviewed and is supported by the U.S. Consumer Product Safety Commission. Includes a certificate, babysitter's handbook, and a pin. This training will help develop skills in leadership, professionalism, basic care, safety and first aid. Info: (619) 691-5276.

Instructor: K. Fajardo

Fee: \$45 Resident
\$55 Non-Resident

Ages: 11 and over

Community Youth Center

#3116.481 Sept 16, 23 9:00 am - 12:00 pm
Class meets both days

Community Youth Center

#3116.483 Oct 14, 21 9:00 am - 12:00 pm
Class meets both days

Jewelry Making and Beadwork

Learn the basics of beading and making your own jewelry. Make gifts for yourself, family and friends. An additional cost of \$40 will be paid to the instructor for a starter kit, which includes necessary tools and supplies. A project will be made each week.

Instructor: M. Quintero

Fee: \$50 Resident
\$61 Non-Resident

Ages: Adults 8-week class.

Monteville

#3100.450 Mon 5:30 - 6:30 pm

Build Your Own Cook Book

Enjoy hands on, staff directed cooking class where your Jr. Chef prepares healthy childhood favorites. Bon Appetite!

Instructor: Staff

Fee: \$40 Resident
\$50 Non-Resident

Ages: 6-12

Salt Creek

#3115.432 Mon 4:30 - 5:20 pm

Fall classes



creative classes

California Child Care Course

This course meets the legal requirements of the California Health and Safety Code (AB 243). The law stipulates that licensed childcare providers receive at least 15 hours of training on preventative childcare practices. Attendance both class dates is required for Red Cross certification.

Instructor: S. Linderman
Fee: \$105 Resident
 \$132 Non-Resident

Ages: Adults

Parkway
#3116.461 Oct 14, 21 8:00 am - 5:00 pm

Cartooning

Get the inside story on the art of cartooning. Practice drawing people and animals from head to toe (or paw). Experiment with humor and action. Sharpen your storytelling skills while creating original comic strips starring your own characters. All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: Staff
Fee: \$42 Resident
 \$53 Non-Resident

Ages: 8-13

Veterans
#3166.411 Mon 6:00 - 6:50 pm

Montevelle
#3166.450 Tues 7:00 - 7:50 pm

Ceramics

This introductory class is designed to teach students the basics of working with ceramics. Molds and kiln are available. Students supply all other materials.

Instructor: N. Wallis
Fee: \$34 Resident
 \$43 Non-Resident

Ages: 10 and over

Loma Verde
#3200.421 Tues 9:00 am - 12:00 pm

Loma Verde
#3200.423 Wed 5:30 - 8:20 pm

Loma Verde
#3200.422 Wed 9:00 am - 12:00 pm

Loma Verde
#3200.424 Sat 9:00 am - 12:00 pm

Ceramics 101

Introduce students to ceramic arts, ceramic clay, painting techniques, and firing. Students will complete several functional pieces, such as plates, and figurines. A material fee of \$40 is paid to the instructor on the first day of class.

Instructor: Creative Kidz
Fee: \$55 Resident
 \$68 Non-Resident

Ages: 6-14 8 week class

Montevelle
#3100.453 Thurs 3:45 - 4:45 pm

Clay Plus!

Make critters, puppets, animals and constructions out of lots of clay, wire, cardboard, plaster, glue, sticks, etc. Wonderfully messy! Great fun! Bring an apron or "art shirt." \$7 Material fee to be paid to the instructor.

Instructor: T. Mill
Fee: \$39 Resident
 \$48 Non-Resident

Ages: 6-10

Parkway
#3120.461 Wed 4:30 - 5:20 pm

Montevelle
#3150.421 Tues 5:00 - 5:50 pm

Creative Clay

New non-fire clay in every color. Take home what you make the same day. Working with clay is a great way to encourage creativity. A \$10 materials fee to be paid to instructor on first class.

Instructor: A. Melzer
Fee: \$36 Resident
 \$43 Non-Resident

Ages: 6 and over

Loma Verde
#3180.421 Mon 6:00 - 8:00 pm

Creative Collages

Students make collages with a variety of materials from stained glass and tile, to beads, shells, buttons, marbles, food, and more. Each week we'll make collages with a specific theme and material.

Instructor: Staff
Fee: \$30 Resident
 \$36 Non-Resident

Ages: 5-8

Veterans
#3010.411 Tues 4:00 - 4:50 pm

Culinary Kids: Breakfast

Students make breakfast treats like homemade pancakes, waffles, French toast, muffins, and more. They will learn terminology, skills, meal planning, and serving. A material fee of \$50 will be collected the first day of class.

Instructor: Creative Kidz
Fee: \$55 Resident
 \$68 Non-Resident

Ages: 5-12 8 week class

Montevelle
#3240.452 Sat 8:00 - 10:00 am

Culinary Kids: Desserts

Students learn how to create treats, decorate cakes, and make pies. They will learn baking techniques using traditional material. They will all also receive a basic cake decorating kit. A material fee of \$50 will be collected the first day of class.

Instructor: Creative Kidz
Fee: \$55 Resident
 \$68 Non-Resident

Ages: 5-12 8 week class

Montevelle
#3240.451 Thurs 8:30 - 10:30 am



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Culinary Kids: Make and Take Dinner

Students learn there way around the kitchen. They also learn about nutrition, culinary techniques, recipes, and more. Each child prepares a meal to take home. \$50 material fee due first day of class.

Instructor: Creative Kidz
Fee: \$55 Resident
\$68 Non-Resident

Ages: 5-12 8 week class

Monteville

#3240.450 Tues 5:00 - 6:00 pm

Dog Obedience

Learn basic commands for dogs over 4 months. Owners and leashed dogs learn basic training commands. All dogs must have current shots.

Instructor: J. Hitz
Fee: \$65 Resident
\$80 Non-Resident

8 week class

Ages: 12 and over

Monteville

#3600.450 Wed 7:00 - 8:00 pm

Monteville

#3600.451 Sat 3:00 - 4:00 pm

Instructor: S. Cunningham
Fee: \$70 Resident
\$86 Non-Resident

Ages: 18 and over

Veterans Oct 3-31

#3600.411 Tues 6:00 - 7:00 pm

Veterans Nov 14 - Dec 19

#3600.412 Tues 6:00 - 7:00 pm

Drawing Dynamos

Turn your doodles and squiggles into amazing art. Refine your drawing skills and explore line and color using a variety of drawing materials and techniques. Create original works of art. All supplies can be purchased through instructor for \$10 on first day of class.

Instructor: A. Batson
Fee: \$42 Resident
\$53 Non-Resident
Ages: 6-13
Veterans
#3164.411 Mon 5:00 - 5:50 pm

Drawing For Kids

Kids will develop a sense of observation in this beginning drawing class. Instruction involves several types of media (pencil, chalk, marker, etc.) and encourages creativity and individuality.

Instructor: C. Olimon
Fee: \$45 Resident
\$56 Non-Resident

Ages: 6-10

Heritage

#3160.401 Tues 4:00 - 4:50 pm

Heritage

#3160.402 Tues 5:00 - 5:50 pm

Drawing Plus!

This course starts with several weeks of basic drawing - people, animals, places and plants using crayons, oil pastels, markers and pencils, etc. We'll then add in painting techniques to create some nifty images worthy of the finest refrigerator or wall. An "art shirt" is advisable to protect clothing. \$7 Material fee to be paid to the instructor.

Instructor: T. Mill
Fee: \$39 Resident
\$48 Non-Resident

Ages: 6-10

Parkway

#3110.461 Wed 3:30 - 4:20 pm

Monteville

#3110.450 Tues 4:00 - 4:50 pm

Drawing Studio

Students will learn drawing techniques as they are motivated by a professional artist to develop their own style. This course is designed to include a variety of materials (graphite pencil, charcoal, pastels, etc.) that will vary in each session throughout the year. Each student's best drawing will be selected and framed for presentation. \$30 materials fee to be paid to instructor on the first day of class (includes all materials and one frame.)

Instructor: L. Villasenor-Isabelle
Fee: \$85 Resident
\$107 Non-Resident

Ages: 9-16

Veterans

#3155.412 Tues 6:15 - 7:15 pm

Etiquette and Social Skills for Children

Etiquette is more than saying "please" and "thank you." It's an essential life skill that increases self-esteem and allows children to feel confident in any kind of social situation. This 6-hour course includes: first Impressions, speaking and listening skills, table setting, table manners, body language and poise, phone manners, and thank you cards.

Instructor: M. O'Farrill
Fee: \$75 Resident
\$94 Non-Resident
Fee includes food

Ages: 6-12

Heritage

#4415.401 Sept 26, 28 12:00 - 3:00 pm

Heritage

#4415.402 Oct 28,
Nov 4 12:00 - 3:00 pm

Heritage

#4415.403 Dec 2, 9 12:00 - 3:00 pm

Fall classes



creative classes

Fine Arts Painting

With the direction and motivation of professional artist/art teacher, your child will create a beautiful, ready to hang masterpieces. Teacher inspires students to bring out their hidden talent while creating confidence, drive and the great feeling of accomplishment. Let your child discover what art can bring into his/her life. \$35 materials fee to be paid to instructor on the first day of class. Includes all materials and one frame.

Instructor: L. Villasenor-Isabelle

Fee: \$85 Resident
\$107 Non-Resident

Ages: 9-11

Heritage
#3155.401 Sat 9:00 - 10:00 am

Ages: 9-16

Veterans
#3155.411 Tues 5:00 - 6:00 pm

Ages: 12-16

Heritage
#3155.402 Sat 10:30 - 11:30 am

Gingerbread House Decorating Class

Create a beautiful, professional looking gingerbread house. There will be an additional materials fee of \$15 due to the instructor on the day of the class.

Instructor: The University of Creativity

Fee: \$15

Ages: 5-15

Monteville
#3245.450 Sat, Dec. 2 10:00 am - 12:00 pm

Healthy Eats

Young adults will learn to understand and build healthy recipes, how to count calories, read food labels and how to plan a party and be a good host. Each class day, students will prepare something new to take home. A supply fee of \$20 is due to instructor the first day of class.

Instructor: D. Hlava
Fee: \$40 Resident
\$49 Non-Resident

Ages: 12-17 6 week class

Veterans
#3310.413 Mon 5:15 - 6:45 pm

Veterans
#3310.414 Mon 7:00 - 8:30 pm

Intro to Clay

Learn the basic techniques in clay using a variety of methods. Projects include hand building and throwing (adult class only). Creativity and learning is always encouraged in a safe and friendly environment. In the child/adult class, adults have the option of taking the class with their child. Child and adult must register for class. A materials fee of \$5 (children) and \$15 (adults) will be paid to the instructor on the first day of class.

Instructor: A. Bernard-Bryant
Fee: \$55 Resident
\$69 Non-Resident

Ages: Children 7-10

Heritage
#3230.401 Thurs 5:30 - 6:30 pm

Ages: Children/Adult 7-Adult

Heritage
#3230.402 Thurs 6:45 - 7:45 pm

Little Chefs

Kids will learn kitchen safety, basic nutrition, and how to make easy recipes they can make themselves.

Instructor: Staff
Fee: \$25 Resident
\$30 Non-Resident

Ages: 6-12

Loma Verde
#3112.421 Wed 3:30 - 4:15 pm

Make and Take Crafts

Students will use different materials (wood, fabric, metal, cement and more) to make creative projects for the home, yard or as gifts. An art shirt is advisable.

Instructor: D. Hlava

Fee: \$40 Resident
\$49 Non-Resident

A supply fee of \$20 is due to the instructor the first day of class.

Ages: 5-11 6 week class

Veterans
#3320.412 Mon 3:30 - 5:00 pm

Make, Bake, and Take

Students will learn the basic fundamentals of nutrition, table manners, and cooking skills. Students will prepare a variety of recipes throughout the course and come away with a recipe book of items they helped make.

Instructor: D. Hlava

Fee: \$30 Resident
\$37 Non-Resident

A supply fee of \$15 is due to the instructor the first day of class.

Ages: 5-12 6 week class

Otay
#3310.441 Fri 2:15 - 3:30 pm

Otay
#3310.442 Fri 3:45 - 5:00 pm

Veterans
#3310.411 Thurs 3:15 - 4:30 pm

Veterans
#3310.412 Thurs 4:45 - 6:00 pm

Veterans
#3310.413 Thurs 6:15 - 7:30 pm

Monteville
#3310.450 Wed 3:30 - 4:45 pm

Monteville
#3310.451 Wed 5:00 - 6:15 pm

Monteville
#3310.452 Wed 6:30 - 7:45 pm



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Ole, Ole Spanish Class

Learn basic communication skills using games, activities, drama, art, and song. A \$25 materials fee is to be paid to the instructor at the first class. Workbook will be included.

Instructor: C. Vera
Fee: \$105 Resident
 \$130 Non-Resident
 8 week class

Ages: 3-5

Veterans
#3090.411 Fri 2:30 - 3:30 pm

Ages: 5-8

Veterans
#3090.412 Fri 4:00 - 5:00 pm

Painting

This course is designed to teach students basic and intermediate techniques in painting. Experience different medias and styles and learn about color mixing, composition, and design. Class will meet for 6 weeks.

Instructor: O. Alvarado
Fee: \$20 Resident
 \$25 Non-Resident

Ages: 18 and over

Veterans
#3085.411 Tues 9:00 am - 12:00 pm
Monteville
#3155.450 Mon 10:00 am - 12:00 pm

Ages: 12-17

Monteville
#3155.451 Mon 3:30 - 5:30 pm

Painting a Mural

This introductory course will teach you to paint in a large scale. Learn techniques to prepare, paint, and seal a mural in your living room, bedroom, or backyard - on walls, canvas, or wood.

Instructor: O. Alvarado
Fee: \$35 Resident
 \$43 Non-Resident

Ages: 18 and over

Veterans
#3080.411 Oct 28,
 Nov 4 10:00 am - 12:00 pm

Ready, Set, Knit, and Crochet

Learn the basic techniques of knitting and crocheting. This class is for beginners and intermediates. Choose your own projects from flower pins, belts, scarves, blankets, and more.

Instructor: M. Elias
Fee: \$45 Resident
 \$56 Non-Resident

Ages: 8 and over

Heritage
#3181.401 Fri 4:00 - 5:15 pm

SAT Preparation

This course is designed to effectively prepare students for the new SAT. Upon completion of the course, students will have received a thorough training in the skills and strategies required for success on the exam. Course includes: essay writing, grammar review sentence completion, finding sentence errors, critical reading, math review and strategies and test taking skills. A \$25 materials fee to be paid to the instructor the first day of class which include three practice exams.

Instructor: I Hayden
Fee: \$235 Resident
 \$288 Non-Resident

Ages: 15-18

Heritage
#4420.401 Oct 7, 14, 21, 28
 Nov 4 1:00 - 4:00 pm

Scrapbooking

Learn scrapbooking for real people. Use all the scrapbooking tools while getting personal instruction. At the end of the three sessions, you will be able to create an entire album, have all of your photos completely organized, or complete a full set of borders. For the first session, bring one package of 25 photos. All supplies can be purchased through instructor.

Instructor: K. Ralston
Fee: \$40 Resident
 \$49 Non-Resident

Ages: 16 and over

Heritage

#3180.401 Oct 2 12:00 - 3:00 pm
 Nov 4 12:00 - 3:00 pm
 Dec 2 12:00 - 3:00 pm

Totally Art!

Using many types of media, you'll create art projects like banners and books, cards and creatures, constructions, collage, montage and masks in this course of exploration. Dress for mess!

Instructor: Staff
Fee: \$25 Resident
 \$30 Non-Resident
 Fee includes supplies

Ages: 6-10

Heritage
#3150.301 Mon 4:00 - 4:50 pm

fitness classes

Abs, Thighs, and Buns

This class hits that hard to tone trouble zone with a progressive targeted system of exercises that will give your body the workout it needs.

Instructor: T. Beyers
Fee: \$34 Resident
 \$41 Non-Resident

Ages: 14-Adult

Monteville
#4112.450 Tues 7:30 - 8:30 pm

Adaptive Fitness

This morning circuit workout program is designed for teens and adults with physical challenges. The workout will be fun, yet challenging and will include strength training, toning, and cardiovascular work. Registration required. 12 weeks.

Fee: \$42 Resident
 \$52 Non-Resident

Ages: 16 and over

Otay
#4620.449 M, W, F 9:30 - 11:00 am

Fall classes



fitness classes

Adult Beginning Tennis

Tennis Pro: J. Villanueva
Fee: \$115 Resident
 \$140 Non-Resident

Ages: 18 and over
Salt Creek
#5569.433 Tues 9:00 - 9:50 am

Adult Boot Camp

A little less intimidating, but equally as challenging as The Real Thing, this Boot Camp is meant more for fun and fitness than bullying and belittling. Cardio activities include jumping rope, stepping, and hill climbing. Each participant will receive an individualized personal fitness plan. Get in shape this summer with a professional personal trainer!

Instructor: D. Rodriguez
 Certified ACE Trainer
Fee: \$126 Resident
 \$160 Non-Resident

Ages: Adults

Summer Session

#4145.361 **Community Youth Center**
 M, W, Th 5:30 - 6:30 pm
 Aug 14 - Oct 2, 8 weeks

Fall Session

#4145.481 **Community Youth Center**
 M, W, Th 5:30 - 6:30 pm
 Oct 4 - Dec 7, 8 weeks

Adult Tennis Lessons

Maximum of 8 adults per class.
 8 week class.

Tennis Pro: J. Villanueva
Fee: \$95 Resident
 \$118 Non-Resident

Ages: 18 and over

Monteville
#4565.450 Tues 7:00 - 8:00 pm

Monteville
#4565.454 Wed 9:00 - 9:50 am

Tennis Pro: R. Thomas
Monteville
#4565.451 Thurs 6:45 - 7:45 pm

Monteville
#4565.452 Sat 9:30 - 10:30 am

Monteville
#4565.453 Sat 10:30 - 11:30 am

Aerobic Combo

Combine, kickboxing, high and low-impact aerobics, and/or body sculpting into one total body workout. Learn how to properly use equipment while performing each exercise in order to achieve individualized training and motivation.

Instructor: P. Payne
Fee: \$45 for 8 weeks
 or \$5 daily Resident
 \$55 for 8 weeks
 or \$7 daily Non-Resident

Ages: Adults

Heritage
#4100.401 Mon, Wed 7:00 - 7:45 pm

Heritage
#4100.402 Tues, Thurs 9:00 - 9:45 am

Afterschool Coed Field Hockey

Join this youth development after school field hockey program. Please bring a mouthguard; all other equipment will be supplied. Students will learn the fundamentals, skills, and techniques of field hockey in a fun and enriching environment. Class is eight weeks.

Instructor: M. Sandoval
Fee: \$48 Resident
 \$59 Non-Resident

Ages: 8-14

Voyager Park
#4285.483 Tues 3:00 - 4:00 pm

Heritage Park
#4285.401 Wed 3:30 - 4:30 pm

After School Tennis Lessons

These classes are offered after school time and they are meant for the beginner tennis player. Sessions are five weeks and a tennis racquet is required to participate. A maximum of 10 participants are allowed in the program. All classes meet for five weeks one day a week and have the same fee.

Tennis Pro: R. Thomas
Fee: \$30 Resident
 \$37 Non-Resident

Ages: Grades 1-3

Session 1C Terra Nova Park
#5578.383 Mon 3:30 - 4:20 pm
 Oct 16 - Nov 13

Session 1D Monteville
#4578.352 Wed 3:30 - 4:20 pm
 Oct 18 - Nov 15

Ages: Grades 4-6

Session 2C Terra Nova Park
#5578.387 Tues 3:30 - 4:20 pm
 Oct 17 - Nov 14

Session 2D Monteville
#4578.353 Thurs 3:30 - 4:20 pm
 Oct 19 - Nov 16

Ages: Grades 7-8

Session 3C Monteville
#4579.352 Wed 4:30 - 5:20 pm
 Oct 18 - Nov 15

Session 3D Monteville
#4579.353 Thurs 4:30 - 5:20 pm
 Oct 19 - Nov 16

Archery

Take aim and learn the family-friendly sport of archery. An instructor certified by the National Archery Association provides basic instruction. Equipment is provided. Eight-week course Sept 30 - Nov 18. Paseo Del Rey Park, 750 Paseo Del Rey.

Instructor: T. Robey
Fee: \$40 Resident
 \$49 Non-Resident

Ages: 8-17, Beginning

Paseo Del Rey Park
#4230.481 Sat 9:00 - 9:50 am

Ages: 8-17, Intermediate

Paseo Del Rey Park
#4235.481* Sat 10:00 - 10:50 am

Ages: 8-17, Advanced

Paseo Del Rey Park
#4240.482* Sat 11:00 - 11:50 am

*Prerequisite: Successful completion of beginning course and instructor approval.



All classes are 10 weeks from September 25 - December 10, unless otherwise noted. There will be no classes from November 20-26 in observance of Thanksgiving. In addition, there will be no classes Friday, November 10 in observance of Veterans Day.

Basketball 101

These introductory classes are like mini camps. Staff will teach the basics of basketball and encourage good sportsmanship, while everyone has fun. This class will give participants a good jump towards advancement towards organized team basketball.

Instructor: Staff

Fee: \$36 Resident
\$44 Non-Resident

Ages: 8-10

Parkway
#4318.461 Thurs 4:00 - 5:00 pm

Monteville
#4318.450 Wed 3:30 - 4:20 pm

Community Youth Center
#4318.481 Fri 3:30 - 4:20 pm

Ages: 11-14

Monteville
#4318.451 Wed 4:30 - 5:20 pm

Community Youth Center
#4318.482 Fri 4:30 - 5:20 pm

Beginning Golf

These introductory classes teach the basic fundamentals of the golf swing and skills required on the putting green. It is recommended that participants provide their own golf clubs but it is not required.

Instructor: B. Rice
Fee: \$180 Resident
\$225 Non-Resident

Ages: 4-11

Salt Creek
#4015.433 Tues 3:00 - 3:50 pm

Ages: 12-17

Salt Creek
#4030.433 Tues 4:00 - 4:50 pm

Cardio Ab Workout

This low impact cardiovascular workout combines traditional martial arts movements with full body stretching with emphasis on upper and lower abdominals. Participants need to bring a towel or mat.

Instructor: J. Hickman
Fee: \$41 Resident
\$50 Non-Resident

Ages: Adults

Chula Vista Woman's Club
#4260.463 Tues 6:00 - 6:50 pm

Cardio-Kickboxing

Kick it into high gear. You'll get into shape using non-contact skills and drills. You'll learn body position, footwork, punching techniques and basic kick boxing fundamentals. And you'll work on conditioning plus building cardio-vascular and muscle strength.

Instructor: G. Amen, E. Sanz
Fee: \$30/Month Resident
\$37/Month Non-Resident

Ages: Adults

Veterans October
#4680.411 M, Th 6:30 - 7:30 pm
Sat 8:30 - 9:30 am

Veterans November
#4680.412 M, Th 6:30 - 7:30 pm
Sat 8:30 - 9:30 am

Veterans December
#4680.413 M, Th 6:30 - 7:30 pm
Sat 8:30 - 9:30 am

Cardio Kickboxing

Aerobic kickboxing is combined with basic bootcamp-style drills to create a class that will leave you feeling empowered. Slim down and tone your entire body. Appropriate for all levels.

Instructor: L. Bernick
Fee: \$20/Month or \$5/Class Resident
\$24/Month or \$7/Class Non-Resident

Ages: 16 and over

Monteville
#4311.450 Oct, Wed 10:45 - 11:30 am
#4311.451 Nov, Wed 10:45 - 11:30 am
#4311.452 Dec, Wed 10:45 - 11:30 am

Cardio Salsa

This cardio class utilizes salsa, Meringue, Cha Cha, and more to give you a great workout while learning Latin dance moves.

Instructor: T. Beyers
Fee: \$34 Resident
\$41 Non-Resident

Ages: 14-Adult

Monteville
#4111.450 Tues 6:30 - 7:30 pm

Chula Vista Karate Club

Instructor: J. Hickman
Fee: \$30 Resident
\$37 Non-Resident

Ages: 5-11, Beginning

Chula Vista Woman's Club
#4310.461 Tues 4:00 - 4:50 pm

Ages: 5 and over, Intermediate

Chula Vista Woman's Club
#4315.461 Tues 5:00 - 5:50 pm

Dyno-Might

Run, hop, skip, jump, kick and shoot your way into an introduction of new and exciting games from "Around the World."

Fee: \$25 Resident
\$31 Non-Resident

Ages: 6-10

Salt Creek
#4622.433 Tues 5:00 - 5:50 pm

Group Tennis Lessons

Maximum of four students per group. Students must bring their own tennis racquet. These lessons are meant for the beginner and intermediate levels. Each session is for five weeks.

Tennis Pro: R. Thomas
Fee: \$60 Resident
\$74 Non-Resident

Ages: Grades 1-3

Session 4E Terra Nova Park
#5563.383 Mon 4:30 - 5:20 pm
Oct 16 - Nov 13

Session 4F Monteville
#4580.355 Wed 5:30 - 6:20 pm
Oct 18 - Nov 15

Fall classes



fitness classes

Ages: Grades 4-6

Session 5E Terra Nova Park

#5563.387 Tues 4:30 - 5:20 pm
Oct 17 - Nov 14

Session 5F Monteville

#4580.357 Thurs 5:30 - 6:20 pm
Oct 19 - Nov 16

Ages: Grades 7-9

Session 6A Monteville

#4581.450 Wed 6:30 - 7:20 pm
Oct 18 - Nov 15

Gymnastics I

This is a progressive, level-based program that is patterned after the program used by the United States Gymnastics Federation. Classes are designed to build a strong skill foundation in order to ensure that students will progress at a consistent rate while building self-confidence and coordination. The major emphasis is on floor tumbling. Gymnastics I is designed for the beginning tumbler.

NOTE: Successful completion of Preschool Tumbling or approval of instructor is required for those under 6 years of age.

Instructor: Staff

Fee: \$45 Resident
\$52 Non-Resident

Ages: 6-14

#4105.421 Loma Verde
Sat 10:00 - 10:50 am

#4320.450 Monteville
Fri 4:00 - 4:50 pm

#4105.411 Veterans
Wed 5:30 - 6:20 pm

Gymnastics II & III

Gymnastics II students must be proficient in backward rolls, backbends, handstands, cartwheels, backbend from stand, and bridge kickovers. Gymnastics III students must be proficient in backward rolls, backbends, handstands, cartwheels, backbend from stand, bridge kickovers, and pullover on the bar.

Instructor: Staff

Fee: \$45 Resident
\$52 Non-Resident

Ages: 6-14

#4105.422 Loma Verde
Sat 11:00 - 11:50 am

#4320.451 Monteville
Fri 4:00 - 4:50 pm

Boys Gymnastics (All Levels)

Ages: 5 and over

#4105.423 Loma Verde
Sat 12:00 - 12:50 am

Hard-Core Abs

This fun and challenging class is exactly what you need to whip your mid-section into gear for summer! Learn dynamic and innovative ways to flatten and tone your stomach. Appropriate for all levels.

Instructor: L. Bernick

Fee: \$20/Month or \$5/Class Resident
\$24/Month or \$7/Class Non-Resident

Ages: 16 and over

#4312.450 Monteville
Oct, Wed 11:30 am - 12:00 pm

#4312.451 Nov, Wed 11:30 am - 12:00 pm

#4312.452 Dec, Wed 11:30 am - 12:00 pm

Heritage Pilates

Burn fat, tone muscles, and increase your flexibility while doing a combination of flowing poses and stretching exercises. You will leave feeling peaceful, open, and centered. Students will learn to breathe properly, improve overall health and posture, and decrease.

Instructor: L. Bernick

Fee: \$20/month or \$5/daily Resident
\$24/month or \$7 daily Non-Resident

Ages: Adults

#4323.401 Heritage
Sept, Wed 9:30 - 10:15 am

#4323.402 Oct, Wed 9:30 - 10:15 am

#4323.402 Nov, Wed 9:30 - 10:15 am

High Performance Tennis Team

This class is for kids who want to develop their tennis skills to play at tournament level. Emphasis is on appropriate grips, footwork, and simple tactics. Students start to play novice then satellite tournaments.

Instructor: J. Villanueva

Fee: \$95 Resident
\$120 Non-Resident

Ages: 8-16

#4590.430 Salt Creek
Mon 6:00 - 7:00 pm

#4590.450 Monteville
Tues 6:00 - 7:00 pm

Jiu-jitsu

Get in great shape and at the same time learn self-defense. Learn how to defend yourself standing and on the ground. This class will teach you striking, take-downs, and how to control your opponent on the ground. Great exercise and lots of fun.

Fee: \$37 Resident
\$47 Non-Resident

Ages: 5-12

#4634.401 Salt Creek
Tues 7:00 - 7:50 pm

#4634.402 Salt Creek
Tues 8:00 - 8:50 pm

Judo

The ancient martial art of judo provides personal development through precise physical movements and a disciplined attitude. Develop self-defense techniques and strive to perfect individual character. Additional fees are associated with this program include uniform and federation fees.

Instructor: M. Ozaki and Staff

Fee: \$25 Resident
\$30 Non-Resident

Ages: 5 - Adult Beginning

#4360.481 Community Youth Center
Tues 7:00 - 7:50 pm

#4360.482 Community Youth Center
Thurs 7:00 - 7:50 pm

#4360.434 Salt Creek
Wed 7:00 - 7:50 pm

Advanced

#4365.481 Community Youth Center
Tues 8:00 - 8:50 pm

#4365.482 Community Youth Center
Thurs 8:00 - 8:50 pm

#4365.434 Salt Creek
Wed 8:00 - 8:50 pm



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Just Playin' Fun

Explore the excitement of exercise through play with a broad introduction to indoor and outdoor cooperative games. All games are staff directed and facilitate positive social development.

Fee: \$30 Resident
\$38 Non-Resident

Ages: 10-14

Salt Creek
#4620.433 Tues 4:00 - 4:50 pm

Karate 101

Instructor: G. Amen
Fee: \$37 Resident
\$44 Non-Resident

Ages: 6 and over

Otay
#4350.441 Tues 6:00 - 7:00 pm
Loma Verde
#4320.421 Wed 5:00 - 6:00 pm

Karate-Do

Instructor: A. Lopez
Fee: \$30 Resident
\$40 Non-Resident

Ages: 5-11, Beginning

Salt Creek
#4320.433 Tues 4:00 - 4:50 pm
Salt Creek
#4320.435 Thurs 5:00 - 5:50 pm

Ages: 12 and over, Intermediate

Salt Creek
#4320.436 Thurs 6:00 - 6:50 pm

Lacrosse 101

This introductory class will teach the basics of the up-and-coming sport of lacrosse. Participants will have fun while learning about good sportsmanship.

Instructor: Staff
Fee: \$40 Resident
\$50 Non-Resident

Ages: 9-12 8 week class
Monteville
#4317.4350 Wed 3:30 - 4:30 pm

Lunch Hour Yoga

Yoga builds a strong foundation for self-assurance, and clear thinking. Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements.

Instructor: Y. Rodriguez

Fee: \$42/month or \$5/daily Resident
\$52/month or \$7 daily Non-Resident

Ages: Adults

Parkway
#4112.363 Sept, M, W, Th 12:00 - 12:50 pm
#4112.461 Oct, M, W, Th 12:00 - 12:50 pm
#4112.462 Nov, M, W, Th 12:00 - 12:50 pm
#4112.463 Dec, M, W, Th 12:00 - 12:50 pm

Monteville Pilates

Instructor: F. Alvarez

Ages: 16 and over

Fee: \$40/Month or \$7/Class Resident
\$49/Month or \$9/Class Non-Resident

Monteville
#4101.450 Oct, Tu, Th 8:00 - 9:00 am
#4101.451 Nov, Tu, Th 8:00 - 9:00 am
#4101.452 Dec, Tu, Th 8:00 - 9:00 am

Monteville
#4102.450 Oct, Tu, Th 8:30 - 9:30 pm
#4102.451 Nov, Tu, Th 8:30 - 9:30 pm
#4102.452 Dec, Tu, Th 8:30 - 9:30 pm

Morning Circuit

Designed for beginners, this 12-week, 3-step progression of workout routines will build your fitness capacity as well as your cardiovascular and muscle strength. Includes body fat analysis, measurements, and a before and after photo. Work in a group for motivation and support. Fee includes Fitness Center Membership.

Fee: \$42 Resident
\$52 Non-Resident

Ages: 16 and over

Otay
#4620.448 M, W, F 9:30 - 11:00 am

Okinawa-Do

Instructor: S. Ingalls

Fee: \$31 Resident
\$39 Non-Resident

Ages: 5-11, Beginning

Community Youth Center
#4320.481 Thurs 5:30 - 6:20 pm

Loma Verde
#4320.422 Tues 5:00 - 5:50 pm

Ages: 12 and over, Beginning/Intermediate

Community Youth Center
#4325.483 Thurs 6:30 - 7:20 pm

Loma Verde
#4325.424 Tues 6:00 - 6:50 pm

Otay Fitness Center

The Otay Fitness Center offers a variety of state-of-the-art equipment to meet specific fitness goals. Registration for the classes below will only be accepted at the Otay Recreation Center.

Quarterly Memberships:

1. Jan 1 - Mar. 31
2. April 1 - June 30
3. July 1 - Sept. 30
4. Oct 1 - Dec. 31

Adult Fitness Membership. Unlimited use of the Fitness Center during operational hours (see page 3.)

Fee: \$25 Resident
\$50 Non-Resident

Ages: 15 and over

#4620.445 Otay

Fall classes



fitness classes

Parkway Strength Training Step Aerobics

This is a unique opportunity to blend an all-over body shaping and strengthening workout using weights, yoga and body building techniques. Step aerobics are added for a low impact cardiovascular workout. You will also get the attention and expertise of a personal trainer.

Instructor: N. Kelsey

Fee: \$25/month or \$5/Daily Resident
\$30/month or \$7 daily Non-Resident

Ages: Adults

Parkway

#4320.363	Sept, M, Th	5:30 - 6:30 pm
#4320.461	Oct, M, Th	5:30 - 6:30 pm
#4320.462	Nov, M, Th	5:30 - 6:30 pm
#4320.463	Dec, M, Th	5:30 - 6:30 pm

Pilates

Classes meet on a monthly basis. Classes begin on September 2. Choose an option that works best for you.

Instructor: F. Alvarez

Option 1:

Fee: \$40/Month or \$7/Class Resident
\$50/Month or \$9/Class Non-Resident

Ages: 16 and over

Salt Creek

#4330.431	M, W	8:00 - 8:50 am
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Option 2:

Fee: \$25/Month or \$7/Class Resident
\$31/Month or \$9/Class Non-Resident

Ages: 16 and over

Salt Creek

#4330.434	Wed	8:30 - 9:20 pm
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Option 3:

Fee: \$25/Month or \$7/Class Resident
\$31/Month or \$9/Class Non-Resident

Ages: 16 and over

Salt Creek

#4330.437	Sat	8:00 - 8:50 am
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Qigong and Tai Chi Exercises

Calm your mind, life your spirits and strengthen your body through the basics of Chinese internal and martial arts.

Movements, positions and stretches are practiced according to traditional principles for balance, coordination, muscle tone, bone maintenance, breathing, joint flexibility, and healthy organ function.

Instructor: L. Lowe

Fee: \$45/Month or \$6/Class Resident
\$55/Month or \$8/Class Non-Resident

Ages: Adults

Otay

#4640.441	Oct, Tu, Th	6:00 - 7:00 pm
#4640.442	Nov, Tu, Th	6:00 - 7:00 pm
#4640.443	Dec, Tu, Th	6:00 - 7:00 pm

Realistic Self-Defense Training

Don't be a victim! Learn self-defense, hand-to-hand combat, defense against multiple attackers, and awareness training. This class is designed to help avoid a bad situation and build self-confidence in a combination of exercise and fun.

Instructor: Master G. Amen, E. Sanz

Fee: \$37 Resident
\$45 Non-Resident

Ages: 13 and over

Beginning

Monteville

#4340.450	Wed	6:00 - 7:00 pm
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Recreational Tae Kwon Do

Learn the fundamentals of Tae Kwon Do through choreographed sequence of combative and defense movements, controlled sparring, as well as, punching and kicking techniques. Students will also receive instruction in principals such as courtesy, integrity, perseverance, self-control, indomitable spirit.

Instructor: P. Payne

Fee: \$30 Resident
\$36 Non-Resident
8 week class

Heritage

#4830.401	Wed	6:00 - 6:50 pm
Instructor:	D. Russell	
Fee:	\$21 Resident	
	\$32 Non-Resident	

Ages: 5 and over

Veterans

#4831.411	Wed, Fri	6:30 - 7:30 pm
	Sat	12:00 - 1:00 pm

Rhythmic Gymnastics

This introduction to Rhythmic Gymnastics teaches body alignment, coordination, rhythm, grace and elegance, creativity, musicality and self-expression. Classes include elementary choreography, dancing with ball and ribbon, stretching and musical accomplishment.* The instructor is a former Russian Olympic coach and rhythmic gymnast. She is also a professional member of USA Gymnastics and a graduate of the USA Gymnastics National Safety Certification Program.

*Class content is changed each session. Clothing Requirement: Black leotard and black pants (jazz pants or any lycra pants) and ballet shoes.

Instructor: A. Zubkis

Fee: \$85 Resident
\$105 Non-Resident

Girls/Women

Ages: 5-7

Veterans

#6140.411	Fri	4:00 - 4:50 pm
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Ages: 6-8

Salt Creek

#6140.430	Wed	4:00 - 5:00 pm
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Ages: 8 and over

Veterans

#6240.411	Fri	5:00 - 5:50 pm
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Ages: 9 and over

Salt Creek

#6140.434	Wed	5:00 - 6:00 pm
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Rockin' Sports

Students will learn the basics of a variety of sports. Emphasis is on fun and learning about good sportsmanship.

Instructor: Staff

Fee: \$35 Resident
\$44 Non-Resident

Ages: 6-8 8 week class

Monteville

#4316.450	Mon	3:30 - 4:30 pm
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All classes are 10 weeks from September 25 - December 10, unless otherwise noted. There will be no classes from November 20-26 in observance of Thanksgiving. In addition, there will be no classes Friday, November 10 in observance of Veterans Day.

Salt Creek Fitness Center

The fitness center offers an array of Nautilus equipment and free weights. Fitness specialists are available to help you with your workouts. Participation is by membership only. Fitness center hours Monday through Saturday, 8 am to 9:45 pm and Sunday, 12 - 4:45 pm.

Fee: \$25 Resident Per Quarter
\$50 Non-Resident Per Quarter

Shito-Ryu Adult Karate

Karate is a great way to stay in shape, relieve stress and give you confidence. Learn self-defense skills while having fun.

Instructor: J. Martinez

Fee: \$47 Resident
\$58 Non-Resident

Ages: 16 and over

Monteville
#4430.450 Thurs 7:00 - 7:50 pm

Shito-Ryu Karate

Through a variety of fun and creative activities, young children will develop coordination, strength and personal safety in a well-supervised setting. Give your child the lead he/she needs in developing memory and agility skills necessary to be successful in school and other sports.

Instructor: J. Martinez

Fee: \$70 Resident
\$84 Non-Resident

Ages: 5 and over

Heritage
#4330.401 Tues, Thurs 4:00 - 4:50 pm

Monteville
#4330.450 Thurs 3:00 - 3:50 pm
Sat 9:30 - 10:20 am

Fee: \$40 Resident
\$49 Non-Resident

Salt Creek
#4330.430 Wed 4:30 - 5:20 pm

Salt Creek
#4330.434 Wed 5:30 - 6:20 pm

Salt Creek
#4330.437 Sat 9:30 - 10:20 am

Step and Sculpt

This fun and energetic class combines easy to follow step aerobics with strength conditioning using resistance bands. Perfect to slim and tone all over! Appropriate for all levels.

Instructor: L. Burnett

Fee: \$20/Month or \$5/Class Resident
\$24/Month or \$7/Class Non-Resident

Ages: 16 and over

Salt Creek
#4311.432 Oct, M, W 8:15 - 9:00 am
#4311.333 Nov, M, W 8:15 - 9:00 am
#4311.334 Dec, M, W 8:15 - 9:00 am

Table Tennis / Ping Pong

Parents must register and accompany children under 8 years of age.

Fee: \$38 Resident
\$48 Non-Resident

Salt Creek
#4147.434 Wed 4:00 - 4:50 pm

Salt Creek
#4147.435 Wed 5:00 - 5:50 pm

Ages: Seniors

Salt Creek
#4157.436 Wed 1:30 - 3:00 pm

Taekwondo

Instructor: S. Juare

Fee: \$30/Month Resident
\$36/Month Non-Resident

Ages: 7 - Adult

Community Youth Center
#4381.384 Sept, M, W 4:30 - 6:00 pm
#4381.480 Oct, M, W 4:30 - 6:00 pm
#4381.482 Nov, M, W 4:30 - 6:00 pm
#4381.484 Dec, M, W 4:30 - 6:00 pm

Tang Soo Doo - Karate

Instructor: G. Amen

Fee: \$60 Resident
\$74 Non-Resident

Ages: 6 and over

Veterans (10 weeks)
#4350.411 Mon, Thurs 5:15 - 6:15 pm
Sat 9:30 - 10:30 am

Tennis Camp

A tennis racquet, three tennis balls, a snack and water are required for all participants to bring to camp.

Tennis Pro: J. Villanueva

Fee: \$110 Resident
\$137 Non-Resident

Ages: 7-15

Session 1: September 18-22
Salt Creek

#5561.433 9:00 am - 12:00 pm

Session 2: September 25-29
Salt Creek

#5561.434 9:00 am - 12:00 pm

Session 1: October 2-6
Salt Creek

#5561.435 9:00 am - 12:00 pm

Yoga

Yoga builds a strong foundation for self-assurance, and clear thinking. Develop deep breathing, increased flexibility, and good health through easy and pleasurable movements.

Instructor: Y. Rodriguez

Fee: \$30 Resident
\$37 Non-Resident

Ages: Adults

Salt Creek
#4112.432 Mon 6:30 - 7:20 pm

Salt Creek
#4112.434 Wed 6:30 - 7:20 pm

Monteville
#4010.450 Sat 9:00 - 10:00 am

Youth/Teen Fitness

The main goal of this 8-week program is to give youth of all fitness levels the benefits of physical fitness. Participants will develop confidence, self-esteem, social skills, athletic skills and improve overall health. Includes limited use of Fitness Center.

Fee: \$15 Resident
\$18 Non-Resident

Ages: 10-17

Otay
#4620.441 Mon, Wed 4:00 - 5:00 pm

Adult Sports



Adult Leagues

(619) 409-3871

Tim Farmer, Recreation Supervisor II
(619) 409-5853

Ted Nelson, Recreation Supervisor III
(619) 409-5892

Registration will be held at the **Monteville Recreation Center** for the following leagues on the dates indicated. Informational meetings will be held after the registration period. Individual players may contact the Athletics office to be included on a player referral list given to teams needing players. Placement is not guaranteed, but every effort will be made to place interested individuals on teams. **Note: league entry fees subject to change.**

Co-ed, Men's, and Women's Slow-Pitch Softball

Registration begins August 7, 2006

Games played weeknights at Veterans, Discovery, Eucalyptus, Rohr, Monteville, and Chula Vista Community Parks beginning the week of October 2, 2006.

Entry Fees: per team
8-10 game schedule
\$380 Resident \$500 Non-Resident

Men's 5-on-5 Flag Football

Registration begins August 7, 2006

Games will be played Tuesday nights under the lights at Monteville Park beginning October 3, 2006.

Entry Fees: per team
8-10 game schedule
\$330 Resident \$440 Non-Resident



Men's Fall Basketball

Registration begins August 7, 2006

Games will be played at the Monteville Recreation Center on Wednesday evenings beginning October 4, 2006.

Entry Fees: per team
8-10 game schedule includes referees
\$410 Resident \$515 Non-Resident

40+ Men's Fall Basketball

Registration begins August 7, 2006

Games will be played at the Salt Creek Recreation Center on Wednesday evenings beginning October 4, 2006.

Entry Fees: per team
8-10 game schedule includes referees
\$410 Resident \$515 Non-Resident

Co-ed Fall Volleyball

Registration begins August 7, 2006

Games will be played at the Salt Creek Recreation Center on Tuesday evenings beginning October 3, 2006.

Entry Fees: per team
8-10 game schedule includes official
\$180 Resident \$210 Non-Resident

Men's, Women's, and Co-Ed Arena Soccer

Registration begins August 7, 2006

Games will be played at the Salt Creek Community Center Soccer Arena beginning October 2, 2006. Men's Open Division will be played on Monday evenings. Men's Recreational Division will be played on Thursday evenings. Co-ed Recreational Division will be played on Saturday evenings. Women's Open Division will be played on Tuesday evenings.

Entry Fees: per team
\$400 Resident \$460 Non-Resident
Entry Fees: per individual
8-10 game schedule
\$70 Resident \$80 Non-Resident

Co-Ed Kickball

Registration begins August 7, 2006

Come play the game you fell in love with in elementary school. Games will be played at Discovery Park on Tuesday nights beginning October 3, 2006.

Entry Fees: per team
8-10 game schedule includes umpire
\$300 Resident \$420 Non-Resident

Adult Dodgeball

Registration begins August 7, 2006

Join the hottest craze in America and get ready to dodge, dive, dip, duck, and dodge. Games will be played on Monday nights at the Monteville Community Center beginning October 2, 2006.

Entry Fees: per team
16-20 game schedule includes officials
\$180 Resident \$210 Non-Resident

Senior Softball

Softball activities for players ages 50 and older are conducted weekly at Eucalyptus Park, located at Fourth Avenue and C Street.

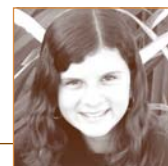
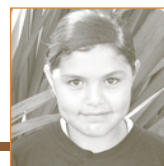
Practice 50 and over
Mon 9:00 am - 12:00 pm

Competitive League 55 and over
Tue, Fri 9:00 am - 12:00 pm

Recreational League 50 and over

For further information, please call Roger Delisle at 422-4551.

Youth Sports



The purpose of the Youth Sports Program is to teach youngsters the fundamentals of the sports offered. All activities are open to both experienced as well as inexperienced players. Instruction is coordinated to allow all players to learn the same basic skills. The primary goal of the youth program is to encourage participation and sportsmanship. All participants, parents and guests are expected to adhere to the code of conduct distributed with league materials and posted at all facilities.

For information concerning activities or financial assistance, call 691-5084.

Parkway Gymnasium

385 Park Way

James Northum, Recreation Supervisor II
(619) 691-5084

Ted Nelson, Recreation Supervisor III
(619) 409-5892

Throughout the year, Parkway Gym offers a variety of athletic activities for youths and adults. Equipment is available through a checkout system.

Co-ed Volleyball Workshop

We are now offering clinics for both the west side and east side of Chula Vista.

West Side

This program is for girls and boys in grades 6-8. The workshop will meet on Wednesdays from 6:30 - 8:30 pm and on Saturdays from 9:30 - 11:30 am at Parkway Gym.
Sept 13 - Nov 11.

East Side

This program is for girls and boys in grades 6-8. The workshop will meet on Tuesdays from 6:30 - 8:30 pm at Monteville Recreation Center and on Saturdays from 1:00 - 3:00 pm at Salt Creek Recreation Center.
Sept 12 - Nov 11.

Mail-in Registration: Aug 7 - 19

Walk-in Registration: Aug 28 - Sept 16
Parkway Gym, Mon - Fri, 2:00 - 7:00 pm

Registrations post marked before August 7 and after August 19 will not be accepted. Space is limited!

Fees: \$30 Resident
\$38 Non-Resident

Winter Youth Basketball

Registration open to all levels. The program emphasizes basketball fundamentals. Teams are co-ed. The Western league will include Division A, B and C girls' teams, pending the number of sign-ups. Individual requests for children to be placed on the same team for car pool reasons, and requests for specific coaches and practices cannot be honored.

With the opening of the new recreation centers on the east side, the department will offer two separate leagues - East and West. The leagues will play by the same rules and regulations. You may sign up for either league.

Practices and games for the Eastern league will be held east of I-805. Western league practices and games will be held west of I-805.

Call the Youth Athletics office at 691-5084 for more information.

League play begins December 2

Mail-in Registration:
September 25 - October 7

Walk-in Registration:
October 16 - October 22
or until leagues are full

Ages: 6-17

Fees: \$60 Resident
\$75 Non-Resident

Youth Sports Certification Program

This free program is designed to prepare youth for employment with the City's Recreation Department. Participants learn to operate scoreboards and timing equipment, and develop an understanding of fundamental rules and regulations of various athletic activities. The program combines classroom training, hands-on experience, and job preparation through an internship program.

Call the Athletics Office at
(619) 691-5084 for more information.

We Need Volunteer Coaches!

The Athletics Section is currently recruiting volunteers to serve as coaches for the youth winter basketball program. Training is provided. All volunteer coaches are fingerprinted and screened by the Department of Justice in accordance with California State law. Interested individuals, please call (619) 691-5084.

Mail-in Registration

These activities have separate registration forms that may be picked up at any Recreation Center in the City of Chula Vista. The forms are available one week prior to the start of mail-in registration. Please DO NOT register using the forms in this brochure.

Walk-in Registration

All registrations for youth sports programs will be taken on the dates specified for each activity at:

Parkway Gymnasium, 385 Park Way
Monday - Friday 2 - 7 pm

Online Registration

Register for selected activities via the Internet. Please go to: www.chulavistaca.gov/rec for more info. All registrations are processed on a first come, first served basis. There are NO REFUNDS for these activities. Financial assistance is available on a limited basis.

Walking/Running Club at City Parks



A variety of walking/running courses in the City have been mapped out. Choose a City Park to walk/run in. We will provide a map with mileage markers. Walkers and runners are encouraged to time their courses, and complete them in progressively faster times.

Examples of courses:

Rohr Park	Bonita Long Canyon
Sunbow Park	Discovery Park
Explorer Park	Sunridge Park
Marisol Park	Sunset View Park
Santa Venetia	

All ages are welcome to participate, walk with family, friends and neighbors. Report your mileage to Parkway Gym.

Therapeutics



Carmel Wilson C.T.R.S.
Recreation Supervisor II
(619) 409-5800

Annual \$40 Resident
Membership Fee: \$50 Non-Resident

Membership runs Sept '06 - Aug '07.
Includes a T-shirt plus discounted admission to dances, field trips and programs.

Mail fee to: City of Chula Vista
Therapeutics Section, 276 Fourth Avenue
Chula Vista CA 91910

Want to Help?

The Therapeutics Section provides an opportunity for individuals to help with activities and programs. (619) 409-5800.

Kids Included Together (KIT)

KIT is a nonprofit organization designed to support programs that serve children with disabilities. We are pleased to announce that the City Of Chula Vista Recreation Department has been awarded Alumni Status for the upcoming year. This grant continues to provide Inclusion Aide assistance for children with disabilities.

Club Rec

This drop-in program is for teens and adults with developmental disabilities. Enjoy games, sports, exercise, fitness and special events. Group meets three times per month. Call to register. See bi-monthly calendar for selected dates. No class in August.

Free

Ages: 13 - Adult

Chula Vista Woman's Club
Thurs 6:00 - 8:00 pm

Mark Your Calendars for these Special Events:

Halloween Dance – October 28
Holiday Dance – December 16

Cooking Class

Join us twice a month for our hands-on cooking basics while preparing food to enjoy. Nutrition education and clean-up skills are also included in this class. Registration is required. Class size is limited.

Fees: \$2 Members
\$4 Resident
\$5 Non-Resident

Ages: 6 - Adult

Parkway Community Center

Sept 16, 30	11:00 am - 1:00 pm
Oct 14, 21	11:00 am - 1:00 pm
Nov 4, 18	11:00 am - 1:00 pm
Dec 2, 9	11:00 am - 1:00 pm

Freestyle Dance Class

Learn basic hip-hop steps, line dances, and new dance steps to your favorite tunes in this 8 week class. It's a fun way to exercise! Designed for individuals with developmental disabilities. Pre-registration is highly recommended.

Fees: \$20 Members
\$24 Resident
\$30 Non-Resident

Ages: 6 and up

Chula Vista Woman's Club

Oct 25 - Dec 13	6:00 - 7:00 pm
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Adaptive Fitness

This morning circuit workout program is designed for individuals with physical disabilities. The center offers a variety of state-of-the-art equipment to meet fitness goals. The workouts are fun yet challenging and include strength training, toning and cardiovascular work. Registration required. Quarterly Fee (includes gym membership at Otay):

Fees: \$42 Resident
\$53 Non-Resident

Ages: 16 and up

Otay Recreation Center

Mon, Wed,	9:30 - 11:00 am
Fri	

Wheely Sports

This free wheelchair sports program is designed for the active, sports-minded individual with permanent physical disabilities. Group meets three times per month. See calendar for specific dates. Call (619) 409-5800 to register.

Ages: 6 and up

Otay Recreation Center

Wed	4:30 - 6:30 pm
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Sunday Leisure Bowling

Come join the Fall Leisure Bowling crowd for our Bowling Session. Our 10-week bowling session is designed for active children, teens and adults with developmental or physical disabilities.

Fees: \$22 Members
+ \$6 weekly bowling fees.
\$25 Resident
+ \$6 weekly bowling fees.
\$31 Non-Resident
+ \$6 weekly bowling fees.

Ages: 6 - Adult

Brunswick Premier Lanes
845 Lazo Court.

Sept 17 - Dec 3

No class Sept 24 and Nov 26.

Hand Cycling

This 5-week introduction to Hand Cycling is for children with physical disabilities. Learn an adaptive outdoor sport while increasing strength and endurance.

Fees: \$15 Resident
\$18.75 Non-Resident

Greg Rogers PTA will pay the fees for any student that would like to do this program.

Ages: 7-14

Greg Rogers
Elementary School

510 East Naples Street
Chula Vista

Oct 17 - Nov 21

Tues	3:30 - 5:30 pm
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No class Oct 31

School Programs



Middle School

Rosemary Brodbeck
Recreation Supervisor II
(619) 691-5052

Club TC (Teen Connection) After School Program

The Chula Vista Recreation Department, in conjunction with the Sweetwater School District, is conducting after school programs at six middle schools in the city. The program is FREE to participants. Activities include: sports, crafts, homework help, games, special events, field trips, specialized classes, and much more.

Bonita Vista Middle School

Mon - Fri 3:10 - 5:10 pm

Castle Park Middle School

Mon - Fri 3:15 - 6:15 pm

Chula Vista Middle School

Mon - Thurs 3:15 - 6:15 pm
Fri hours vary

Eastlake Middle School

Mon - Fri 3:15 - 5:15 pm

Hilltop Middle School

Mon - Fri 3:15 - 6:15 pm

Rancho Del Rey Middle School

Mon - Thurs 2:40 - 4:40 pm
Fri 12:15 - 2:15 pm

Mobile Recreation Program

New drop in recreational opportunities coming to your neighborhood! The City of Chula Vista Recreation Department will be offering a Mobile Recreation Program, call "Rec 'N Roll."

This is a FREE drop-in recreational program offered to children K-8, and held at various community sites. For program hours of operation, and locations nearest you, see below.

Harborside Park

(next to Harborside Elementary)
Mon, Wed, Fri 3:00 - 5:00 pm

Mueller Elementary

715 'I' Street, Chula Vista
Tues, Thurs 2:30 - 4:30 pm

For additional information, please call:

Rec 'N Roll Program
Rosemary Brodbeck
Recreation Supervisor II

(619) 691-5052

Elementary School



DASH (Dynamic After School Hours)

Ages: 1st - 6th Grade

The City of Chula Vista, in cooperation with the Chula Vista Elementary School District, conducts the DASH Program at 25 elementary school playgrounds. DASH offers sports clinics (soccer, track and field, lacrosse, and field hockey), arts and crafts, cooperative/initiative games, and traditional playground games.

DASH program leaders conduct structured activities for approximately 50 children each day. The program operates Monday through Friday, on school days only, for 2 hours from the lower grade dismissal time. The program runs for 3 hours on schools' regularly scheduled minimum days.

New enrollment procedures for DASH started this school year. A lottery system has been implemented. If you missed the lottery enrollment, you will still be able to add your name to the existing waiting list. Beginning "after school" on the first day of school, a clipboard with the waiting list sign up will be available on each campus. All that's needed is to add your family information to this list. You will NOT need to fill out an application form at that time. Information is also available at www.chulavista.library.com.

For more information, please contact DASH Program Supervisors, Keith Quigley at (619) 585-5730, Audra White at (619) 585-5730, or Celica Leon at (619) 585-5756.

Allen	Arroyo Vista
Casillas	Clear View
Cook*	Discovery
Chula Vista Hills	EastLake
Halecrest	Hedenkamp
Heritage	Hilltop*
Kellogg	Liberty
Marshall	McMillin
Olympic View	Parkview
Palomar*	Greg Rogers
Rosebank	Salt Creek
Tiffany	Valle Lindo*

Veterans

*DASH Plus sites: these sites offer expanded hours and programming, including homework centers, thanks to additional grant funding.



STRETCH (Safe Time for Recreation Enrichment and Tutoring for Children)

STRETCH is a literacy and art enrichment program offered as an extension of the school day for 1st - 6th graders. The program is a partnership between the City of Chula Vista and the Chula Vista Elementary School District.

STRETCH is designed to give an academic boost to students who need it most by providing them with a stimulating, literacy-rich after-school environment. Parents enroll their children through the participating schools. Enrollment is limited to 60-100 students per school. Waiting lists will be maintained. For more information contact the School Site Coordinators at each school or the STRETCH Supervisor, Christy Bystrak at (619) 585-5721. STRETCH is offered at the following seven schools:

Harborside	Lauderbach
Loma Verde	Montgomery
Mueller	Otay Rice

Aquatic Programs



swimming classes

Loma Verde Pool 691-5081
1420 Loma Lane

Parkway Pool 691-5088
385 Parkway

Swimming Class Registration

You can register for swimming classes on a space available basis at the pool where the class is held. Registration begins August 28 from 3 - 7 pm, Monday - Friday until classes are full.

Fall Swimming Classes

Session 1	September 11 - 22
Session 2	September 25 - October 6
Session 3	October 9 - 20

Parent and Tot

Ages: 6 mos.-3 years

Here's a great way to spend quality time with your child. Relax and provide your child basics in water adjustment and safety skills in a warm, social environment.

Session Fee: \$27 Resident
\$41 Non-Resident

Sessions 1-3	Loma Verde Pool
#7005	Mon - Fri 4:00 - 4:30 pm
#7007	Mon - Fri 5:20 - 5:50 pm

Sessions 1-3	Parkway Pool
#7008	Mon - Fri 4:00 - 4:30 pm
#7010	Mon - Fri 5:20 - 5:50 pm

Tiny Tots

Ages: 4-5

Water adjustment, safety skills and basic introductory swimming skills are presented in a fun, aquatic environment.

Session Fee: \$27 Resident
\$41 Non-Resident

Sessions 1-3	Loma Verde Pool
#7005	Mon - Fri 4:00 - 4:30 pm
#7007	Mon - Fri 5:20 - 5:50 pm

Sessions 1-3	Parkway Pool
#7008	Mon - Fri 4:00 - 4:30 pm
#7010	Mon - Fri 5:20 - 5:50 pm

Learn to Swim

Ages: 6-16

Level 1-6 swimming skills and personal safety skills for beginning, intermediate and advanced students.

Session Fee: \$27 Resident
\$41 Non-Resident

Sessions 1-3	Loma Verde Pool
#7211	Mon - Fri 4:40 - 5:10 pm
#7213	Mon - Fri 6:00 - 6:30 pm

Sessions 1-3	Parkway Pool
#7210	Mon - Fri 4:40 - 5:10 pm
#7212	Mon - Fri 6:00 - 6:30 pm

Adult Swimming Lessons

Ages: 17 & over

All skill levels. Call each pool for times.

Session Fee: \$35 Resident
\$45 Non-Resident

Single Use Pool Admission

Seniors \$2.00 Adults \$3.00

Quarterly Pool Passes

Passes are available, and will be sold at the beginning of each quarter. Pass fees will not be prorated.

1. January - March	2. April - June
3. July - Sept	4. Oct - Dec

Adult Pass Fee: \$50 Resident
\$75 Non-Resident

Senior Pass Fee: \$40 Resident
\$60 Non-Resident

Family Pass Fee: \$75 Resident
\$113 Non-Resident

Ten Swim Pass Fee: \$24 Adult
\$18 Senior

Annual Pass Fee: \$175 Adult Resident
\$263 Adult Non-Resident
\$135 Senior Resident
\$203 Senior Non-Resident

Lap Swim

Swim laps in a comfortable, outdoor, heated pool at Lap Swim.

	Loma Verde Pool
Mon - Fri	6:00 - 8:00 am
Mon - Fri	11:00 am - 1:00 pm

	Parkway Pool
Mon - Fri	6:00 - 8:00 am
Mon - Fri	11:00 am - 1:00 pm

Private Swimming Lessons

Private and semi-private swimming lessons are available for all ages and abilities. For more info contact Loma Verde Pool at (619) 691-5081 or Parkway Pool at (619) 691-5088.

Deep Water Exercise

Class uses modern water exercise methods such as walking, running and conditioning to give you a great cardiovascular workout.

Instructor: P. Hagel
Resident Fee: \$30/10 swims or \$4 per visit
Non-Resident Fee: \$35/10 swims or \$5 per visit

Loma Verde Pool

Thru November 22 M, W, F 12:00 - 1:00 pm

Water Aerobics

If you have back problems, arthritis, or want to achieve better cardio respiratory fitness without high-impact, join us for water aerobics.

Instructor: P. Hagel
Resident Fee: \$30/10 swims or \$4 per visit
Non-Resident Fee: \$35/10 swims or \$5 per visit

Loma Verde Pool

Thru November 22

M, W, F 11:00 am - 12:00 pm
M, W, F 7:00 - 8:00 pm

Chula Vista Diving

Competitive springboard diving for beginners and experts. No age limit. For more info call (619) 691-5081.

Coach: T. Crosby
Loma Verde Pool
Mon, Wed 4:00 - 5:30 pm

South Bay Aquatics

Competitive swim team is open to swimmers 6 and older who can swim 25 yards freestyle and backstroke (deep water style). Emphasis is on all techniques of stroke and turns used to compete in local competitions. www.southbayaquatics.org.

"Swim Baja"



Longitude, latitude for positive attitude. Choose your destination. Track your swim, bike, or run/walk mileage while on your way to a healthier lifestyle. Prizes for mile markers achieved. Call pools for information.

Senior Services



norman park center

270 F Street 691-5086

Karen Harvell, Recreation Supervisor III

Kathy Wigginton, Recreation Supervisor II

Go to the City's website or

www.lifeoptionssouthbay.com

Recreation Page to see complete program.

Fitness Center

Open Monday - Saturday.

Orientation required before joining.

Orientation and

Membership Fee: \$25 per quarter

Walking Program

"Walk toward Fitness" for 50+

Meets on Tuesday and Friday at J Street Marina Park. Pre-requisite: must be able to walk for 10 minutes without stopping.

Fee: \$16 Resident

Registration required

September 26 - November 17

#4300.471 9:00 - 10:00 am

Circuit Training

Offered in conjunction with Chula Vista Adult School.

Fee: \$25 Resident

September - January

#4200.471 Mon, Wed 9:10 - 9:40 am

#4200.471 Mon, Wed 9:45 - 10:15 am

Newcomer Orientation

Newcomer orientation takes place on the first Thursday of each month at 11am.

Fall Picnic at Rohr Park

October 12 11:00 am

Fee: \$3 Reservations required

45th Anniversary Celebration of Chula Vista Senior Citizens Club

November 9 1:00 pm

Fee: \$2 Members

\$5 Non-Members

Holiday Brunch

December 15 10:30 am

Fee: \$3

Advance ticket purchase required.

Life Options Annex

www.lifeoptionssouthbay.com

Hours: Mon/Tues/Thurs, 9am-3pm

Through the Annex and the Life Options South Bay website, people age 50 and older can learn about opportunities for civic engagement, education, recreation, health activities, and employment possibilities. The goal of this "one stop shop" is to provide persons nearing or in retirement with information and referrals and to bring community members together.

Live Long, Live Well

These programs, offered through Life Options, are designed to be both educational and entertaining. Presentations will be held at the Chula Vista Civic Library, one Saturday a month at 10:30 am.

Dance Through Life!

Salsa, Ballroom and Line Dance demonstrations/workshop with audience participation encouraged. Instructors will discuss history of the dances demonstrated as well as where, when and cost of classes available in the community.

August 5 10:30 am

The Lawyer in Blue Jeans

Attorney Jeff Isaac will address legal issues regarding trusts vs. wills.

September 9 10:30 am

Acting Workshop: You are the Star

Life is a stage and you are the star! Join us for this 2-hour workshop that will encourage audience participation as well as inform you where you can take classes and how to become involved with local stage productions.

October 21 10:30 am

Art Appreciation: Cultivate Your Knowledge of Fine Art

When you look at a work of art do you know what you like but don't know much about the style, period or artist who created it? Join us to find out how you can learn about various art forms such as painting, sculpture, and more.

November 18 10:30 am

adult classes

Ongoing classes through January 30.

Watercolor **Free**
Mon 9:00 am

Exercise **Free**
M-Th 8:00 am

Yoga **Free**
Fri 8:00 am
Wed 7:15 pm

Yoga
Session Fee: \$25 per semester
Thurs 5:00 pm
Thurs 7:15 pm

Strength Training
Fee: \$1 per class
Weds 6:00 pm

Write Your Life Story

Designed for the older adult, structured sessions utilizing the Life Bio internet service are taught by a SeniorNet Computer Learning Center volunteer. Basic computer skills as well as typing skills are prerequisites. Registration taken only at Norman Park.

Fee: \$30
Norman Park
October 9, 16, 23, 30 1:00 - 4:00 pm

Are You OK?

This program advocates independent living by reassuring participants with a regularly scheduled daily check up call.

Info, Referral and Social Services

Norman Park provides numerous services for seniors and their families through the community agencies and trained volunteers. Extensive resources and references include notary, support for the vision impaired, legal services, shared housing, Meals on Wheels, transportation services for persons with disabilities, health insurance counseling and bereavement support. Staff is available to answer your questions between 10 am and 11:30 am, Mon - Fri. (619) 691-5087.



Fall Schedule

For this Fall's complete schedule of programs and classes, check the new Calendar of Events on the website at www.chulavistalibrary.com or pick up a copy of the library's quarterly calendar of events.

Civic Center Branch

365 F Street (619) 691-5069

Monday - Thursday 10:00 am - 9:00 pm

Friday, Saturday 10:00 am - 6:00 pm

Sunday 1:00 - 5:00 pm

EastLake Branch

1120 EastLake Parkway (619) 656-0314

Monday - Thursday 3:30 - 8:00 pm

Saturday 10:00 am - 4:00 pm

Friday, Sunday Closed

South Chula Vista Branch

389 Orange Avenue (619) 585-5755

Monday - Thursday 10:00 am - 8:00 pm

Friday, Saturday 12:00 - 6:00 pm

Sunday 1:00 - 5:00 pm

Chula Vista Literacy Team

389 Orange Avenue (619) 585-5757

Monday - Thursday 9:00 am - 6:30 pm

Friday 9:00 am - 5:00 pm

On-line Branch

www.chulavistalibrary.com

Open 24/7 includes research databases, e-books and downloadable audiobooks.

Chula Vista Heritage Museum

360 Third Avenue (619) 427-8092

Tuesday, Thursday 2:00 - 5:00 pm

Holiday Schedule

All Chula Vista libraries will be closed on:

Monday September 4 Labor Day

Friday November 10 Veterans Day

Thursday & Friday November 23 and 24

E-Branch

keeping you

CONNECTED



● HOME WORK HELP

CAREER & TEST
PREPARATION

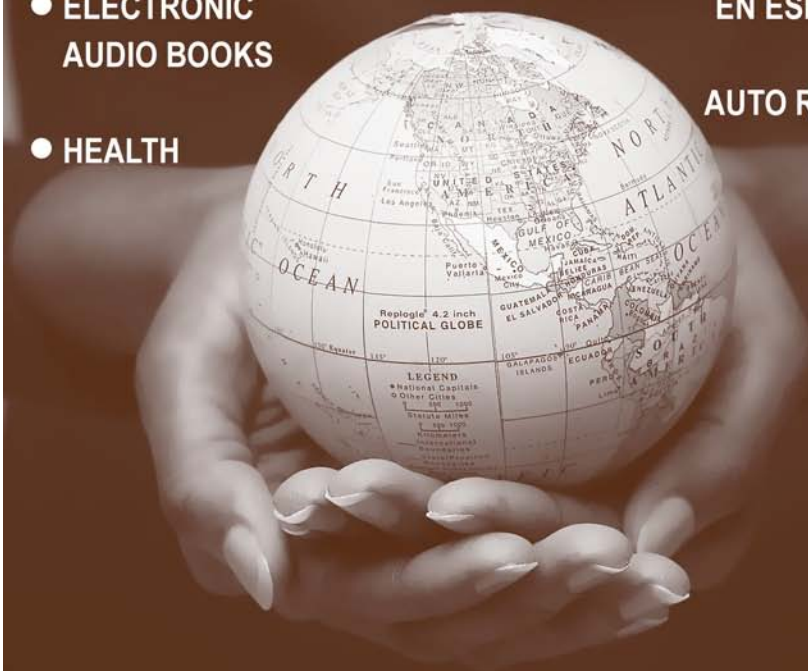
● BUSINESS RESOURCES

INFORMACION
EN ESPAÑOL

● ELECTRONIC
AUDIO BOOKS

AUTO REPAIR

● HEALTH



Your Chula Vista Public Library E-Branch at www.ChulaVistaLibrary.com offers all of these resources and more under the link "Research from Home." Some resources will require you to enter your Chula Vista Public Library card number.

If you need further assistance, please contact any of our three branches during open hours or email us at LibraryQuestions@chulavista.lib.ca.us.

South Bay Family YMCA



southbay.ymca.org

1201 Paseo Magda
Chula Vista, CA 91910
(619) 421-8805
southbay.ymca.org

Main Facility

1201 Paseo Magda, Chula Vista 91910

Gymnastics Center and Family Sports Complex

2390 Boswell Road, Suite 300
Chula Vista 91914

Teen Center

820 Paseo Ranchero
Chula Vista 91910

Satellite Office

50 Fourth Avenue
Chula Vista 91910

Mission

The South Bay Family YMCA is dedicated to improving the quality of human life and to helping all people realize their fullest potential as children of God through development of spirit, mind, and body.

The YMCA Family

The South Bay Family YMCA is an association of people of all ages, ethnic origins, religious affiliations, and socio-economic levels who are unified by a common purpose of strengthening and enriching their mental, physical, and spiritual well-being. The South Bay Family YMCA is a fellowship based on Christian values whose mission is to provide opportunities for growth through programs, services and leadership. We do this by offering programs that:

- Develop the inner strengths and inter-personal skills of youths
- Enhance the health and fitness of children and adults
- Strengthen the family unit
- Enhance cultural diversity
- Enhance the personal lives of young and older adults

Now Open!

- New Gymnastics Center & Family Sports Complex
- New Weight Room
- New Kidz Zone
- New Multi-Purpose Room

YMCA Programs

The YMCA offers a wide variety of programs designed to build strong kids, strong families and strong communities. All of our programs are available to members and participants of all ages.

- Aquatics: swimming lessons, lap swimming, open swim, swim team, and water aerobics
- Family Childcare: before and after school on-site childcare at most Chula Vista Elementary School campuses and Early Enrichment Center
- Day Camps: school break and summer traditional and specialty day camps
- Literacy: helps children enhance their reading ability
- Teens: clubs, camps, events, service projects, sports leagues and social activities
- Fitness: group exercise, strength training and cardiovascular conditioning
- Martial Arts: Tae Kwon Do and Tai Chi
- Dance: ballet, Polynesian, jazz, hip-hop, and fitness-movement
- Gymnastics: lessons, team, tumbling, and competitive cheer team
- Sports: flag football, basketball, soccer, roller hockey, t-ball, golf, volleyball
- Active Older Adults: fitness, educational, and social
- Parent-Child: Adventure Guides
- Volunteers: several opportunities available

For more detailed information and for a free program brochure please call (619) 421-8805 or visit our website at www.southbay.ymca.org.

South Bay Family YMCA

We build strong kids, strong families and strong communities.

Executive Director

Tina Williams

Associate Executive Director

Craig Smith

Department Head

Tony Fajardo

Department Head

Sheri Greene

Department Head

Dalvon Logan

Membership Director

Jason Martinez

Aquatics Director

Johanna Pope

Childcare Director

Wendi Smith

Gymnastics Director

Tina Breen

Program Registration

Leticia Puga

Youth Sports Director

Abbey Smith

Teen Director

Jeremy Jones

Administration Director

Carlos Barba

Financial Assistance

The YMCA welcomes people of all socio-economic backgrounds. Financial assistance is available for those who can demonstrate financial need and proof of residency. Funding is provided through donations to the YMCA. Confidential applications are available at the Courtesy Counter. Please allow three weeks for processing and approval.

Boys & Girls Club



serving the youth of chula vista since 1956

Welcome to the Boys & Girls Club of Chula Vista, a nonprofit, youth development organization dedicated to promoting the physical, social and educational development of children. The Club is a caring place where children can learn new skills, build self-esteem and develop values that will help them as they grow to adulthood. The Club is staffed by a number of full-time professional youth workers and volunteers who care about young people.

Who Can Join the Club?

Any boy or girl grade 1-12, ages 6-18. (Please review the following pages for programs for younger children.)

How to Join the Club

Complete a membership application for each child and present the application and the annual membership fee of \$60 to the membership clerk (special family rate available). Membership is valid for one year from the date of joining.

No child is turned away for inability to pay. Some scholarships are available.

Programs and Services

The Club offers many programs and services not listed in this brochure. Check the front desk for additional information, applications, permission slips and program schedules. Other informational flyers are also available.

Social Recreation

A variety of activities are offered each day to test the members' skills or develop new ones. Foosball, pool, and ping-pong tables are available as well as a variety of board games.

Open Door Policy

The Club has an open door policy that allows Club Members to enter or leave the Club facilities as they choose. Parents who want their child to remain at the Club must instruct their child to do so. The open door policy does not apply to Preschool or day camp programs.

Early Morning Care

Before school care begins at 6:30 am to assist those parents who work early morning shifts.

Weekly fee: \$35. For additional information and to see if your child's school is included, please call (619) 421-4011 ext. 21.

After School Transportation

Transportation and walking programs are available to students from the following elementary schools:

Castle Park

CVLCC

Greg Rogers

Harborside

Hedenkamp

Heritage

Lauderbach

McMillin

Mueller

Otay

Palomar

Parkview

Rice

Valle Lindo

Participating members meet Club Staff at a designated area at their school and are then transported or escorted to the Club site. For fee information phone (619) 421-4011 ext. 21.

Fall Daycamp

September 18 - October 6

Daycamp provides a safe and fun program for boys and girls 6 years and up.

Camp hours: **6:30 am - 2:00 pm**

Campers may remain until 6:00 pm at no additional cost. Please call (619) 421-4011 ext. 21 for more information.

Fee: \$130 per week

Power Hour

"Power Hour" is a program to help members develop academic, behavioral, and social skills through homework completion. During "Power Hour" we provide one-to-one tutoring, recognition, incentives, and most importantly, **we make homework fun!**

Operation Connect

"Club Tech" Computer Centers offer fun and excitement at all three club sites with our new computer learning program. Members will learn the basics and more about computers and safe Internet use. Activities include using computers to enjoy music, art, and photography. Learn business skills like making presentations and internet research. Join us as we make exploring education fun.

Oleander Center

(Administration Offices and Club Site)

1301 Oleander Avenue

Chula Vista, CA 91911

(619) 421-4011

Unit Director: Sally Cross

Lauderbach Center

333 Oxford Street

Chula Vista, CA 91911

(619) 407-4774

Unit Director: Patty Brambila

Feaster-Edison Charter School

670 Flower Street

Chula Vista, CA 91910

(619) 421-4011 ext. 17

Unit Director: Danielle Harris

Hours of Operation

Monday - Thursday	2:00 - 6:00 pm
Friday	1:00 - 6:00 pm

Oleander Center

1301 Oleander Avenue, Chula Vista
(619) 421-4011

The following activities are available:

- Before school program
- After school program
- Homework center / help
- Arts & Crafts
- Woodshop
- Table tennis
- Pool
- Air Hockey
- Foosball
- Board Games and Tournaments
- Sports
- Day camp
- Computer lab
- Martial Arts

Small Wonders Preschool

(A licensed Preschool and Child Care Program; License #370806181)

The Club recognizes that the first years of life reflect the most rapid physical and mental growth of the child, requiring a wide variety of activities incorporating social and mental interaction. At Small Wonders, the child's self esteem is promoted through a stimulating environment and an individualized curriculum model. The main objective is to offer an affordable, quality childcare program designed to provide a happy, carefree environment for children ages 2 to 6 years old. Breakfast, lunch, morning and afternoon snacks are included. Information: (619) 421-4022.

Fee: \$50 registration
\$150 Full-time per week

Lauderbach Center

333 Oxford Street, Chula Vista
(619) 407-4774

The following activities are available:

- Before school program
- After school program
- Homework center / help
- Arts & Crafts
- Table tennis
- Pool
- Foosball
- Board Games and Tournaments
- Sports
- Day camp
- Computer lab

Friends 'n Pals Kindergarten

Designed to complete the kindergarten student's day, this program is available for both morning and afternoon kindergarten students. This bilingual program emphasizes social skills, movement and rhythm, science, homework help and more. Transportation to and from school is provided. Breakfast, lunch and snacks are included. This program is available for students at Lauderbach, CVLCC, Harborside, and Mueller schools.

Fee: \$85 per week, full-time only

Feaster-Edison Charter School

(619) 421-4011, ext. 17

Membership at this location is limited to students of Feaster-Edison Charter School.

Hours of Operation:

Monday - Friday	6:30 - 7:30 am
Monday, Tuesday, Wednesday, Friday	3:15 - 6:15 pm
Thursday	1:30 - 6:15 pm

Fee: \$5 per school year

The following activities are available:

- Before school care
- After school program
- Seasonal Sports
- Homework center / help
- Arts & Crafts
- Ballet / Jazz dance lessons
- Tournaments
- Life Skills groups
- Day camps

For further information, Boys & Girls Club staff members are available at the school site after school or you may call (619) 421-4011 ext. 17.

Fall Skate Camp

September 18 - 22

Make friends, learn tricks and get help from skating instructors. Prizes, contests, and fun! Age appropriate instruction on techniques and safety. Beginners welcome. Safety gear required.

Fee: \$100 per week

Call for information. (619) 421-4011 x12

Len MooreChula Vista Skatepark

1301 Oleander Avenue (619) 421-4011, ext. 12

55,000 square foot skatepark, including wooden half-pipe, features shaded bleachers for viewing, lights for night skating, fully-stocked skate shop, and a snack bar.

Equipment required: Helmet, knee pads, elbow pads

Hours of Operation:

Mon -Fri 2:45 - 8:00 pm Sat 11:30 am - 8:00 pm Sun 11:30 am - 5:45 pm

Fee: \$4 Member \$10 Non-Member

10-session pass:

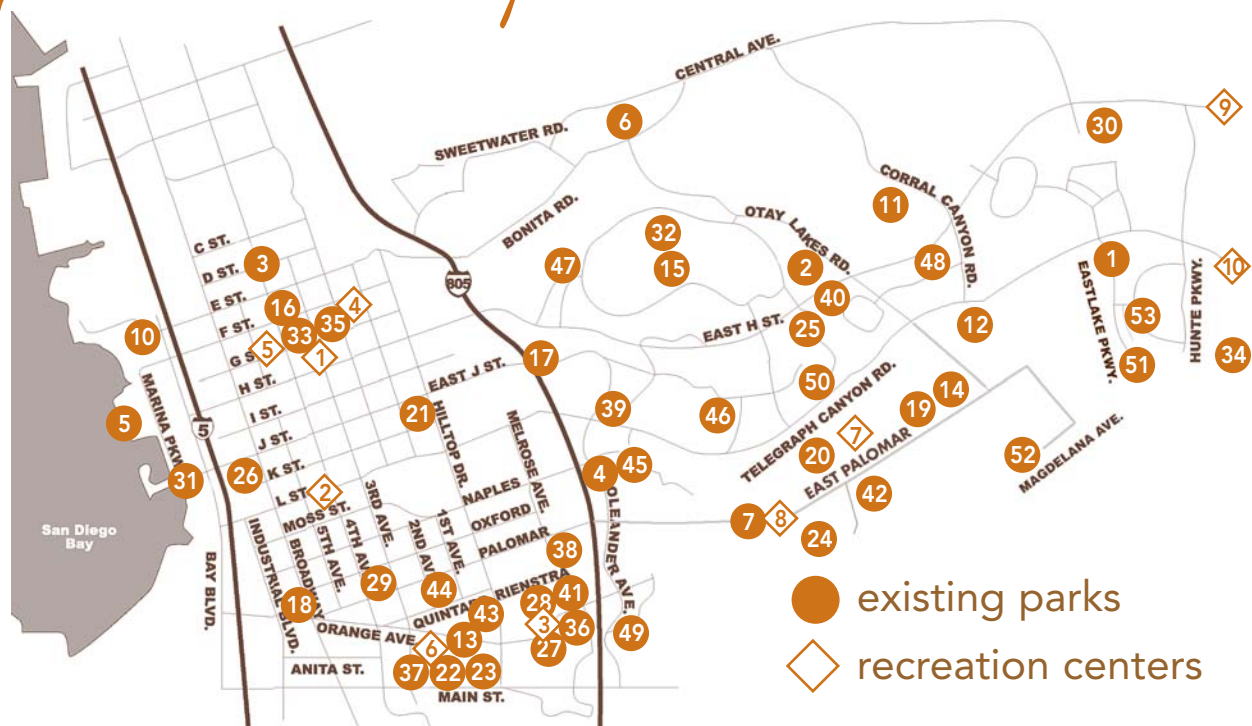
\$30 (Members only)

Annual Membership:

\$25 (includes programs discounts)

Skaters under 18 must have a parent or legal guardian sign the "Hold Harmless / Medical Release" in person on the first visit.

City Parks Map



recreation centers

1. **Chula Vista Woman's Club**
357 G Street (619) 691-5083 (for info)
2. **Community Youth Center**
465 L Street (619) 691-5276
3. **Loma Verde Pool**
1420 Loma Lane (619) 691-5081
Loma Verde Recreation Center
1420 Loma Lane (619) 691-5082
4. **Norman Park Center**
270 F Street (619) 691-5086
5. **Parkway Community Center**
373 Park Way (619) 691-5083
Parkway Gymnasium
385 Park Way (619) 691-5084
Parkway Pool
385 Park Way (619) 691-5088
6. **Otay Recreation Center**
3554 Main Street (619) 476-5325
7. **Heritage Community Center**
1381 East Palomar (619) 421-7032
8. **Veterans Park Recreation Center**
785 East Palomar (619) 691-5260
9. **Montevelle Recreation Center**
840 Duncan Ranch Road (619) 691-5269
10. **Salt Creek Recreation Center**
2710 Otay Lakes Road (619) 585-5739

picnic areas

(619) 397-6197

The City of Chula Vista currently has 51 public parks providing a variety of amenities at not cost, such as picnic areas and play equipment. However, an optional picnic reservation is available for Chula Vista Community, Cottonwood, Eucalyptus, Harborside, Harvest, Heritage, Hilltop, MacKenzie Creek, Marisol, Montevelle, Mountain Hawk, Rohr, Salt Creek, Santa Venetia, Sunset View, Terra Nova, Veterans and Voyager. Reservations are accepted year-round.

Air jumps are allowed at 24 of our parks and pony rides are allowed at 20. There are large gazebos that can accommodate a maximum of 200 people at Harborside, MacKenzie Creek, Montevelle, Mountain Hawk, Rohr, Salt Creek, Sunset View, Terra Nova, Veterans and Voyager parks.

There are several sites that can accommodate a maximum of 100 people. These sites are Cottonwood, Harvest, Heritage, Rohr, Santa Venetia and Veteran parks. There are small sites that can accommodate a maximum of 50 people – Chula Vista Community, Eucalyptus, Hilltop, Marisol, MacKenzie Creek, Montevelle, Rohr, Salt Creek, Sunset View and Voyager parks.

Persons who wish to reserve picnic areas can do so at the Public Works Center, 7:00 am - 3:00 pm, Monday-Friday. Reservations must be made 2 business days in advance. NO EXCEPTIONS. However, it is highly recommended you reserve as soon as you have selected your date. Sorry, telephone reservations cannot be accepted. Those wishing the resident rates must show proof of residency, such as a driver's license with the current address listed. If the customer does not have the current address on their license, a current utility bill may be substituted. Full payment must be made at the time the reservation is made (deposit plus reservation fee). We take cash or check only. If you are paying with a check, it must be written by the person reserving – NO EXCEPTIONS.

Areas that are not reserved can be used on a first-come, first-served basis at no charge. It is recommended that reservations be made, especially for weekends.

No keg beer, glass containers or amplified music is allowed in any City of Chula Vista park. A complete set of park rules can be obtained at the Public Works Center, located at 1800 Maxwell Road.

parks and open space

Adopt-A-Park Program

This year, the Public Works Operations Department began the Adopt-A-Park Program for community groups to help keep our parks safe and clean. If your group would like to help, please call Larry Eliason at (619) 397-6013 for more information.

An Open Space Hotline, (619) 397-6016, is available to address open space concerns outside normal business hours. The hotline will record non-emergency open space concerns before 8:00 am or after 5:00 pm and on weekends.

To report and register concerns regarding City Open Space during regular business hours, please call (619) 691-5027. Emergency calls outside regular business hours, 8:00 am - 5:00 pm, Monday through Friday, should be directed to the Police Department at (619) 691-5151. The Police Department will contact staff on emergencies.

City Parks

community park

	acres	amphitheater	barbecue grill	basketball	fitness course	gymnasium	open green space	park shelter/gazebo	picnic area	play equipment	recreation center	restroom facility	shuffleboard	sports field	softball field	swimming pool	tennis courts	air jumps allowed	pony rides allowed	roller hockey/skate park	dog park
1. Chula Vista Community Park, 1060 EastLake Pkwy*	14.9	•					•	•	•	•		•		•	•		•	•	•		
2. Discovery Park, 700 Buena Vista Way	20.4	•					•		•	•		•		•	•			•	•		
3. Eucalyptus Park, Fourth Avenue & C Street*	20.9	•	•				•	•	•	•		•			•		•	•	•		
4. Greg Rogers Park, 1189 Oleander Avenue	42.1	•						•			•							•	•		
5. J Street Marina/Bayside Park**	21.4	•	•						•	•		•		•	•			•	•		
6. Rohr Park, 4548 Sweetwater Road*	59.9	•	•				•	•	•	•		•		•	•			•	•		
7. Veterans Park, 785 East Palomar*	12.0	•	•		•		•	•	•	•	•	•		•	•			•	•	•	•
8. Montevalle Park, 840 Duncan Ranch Rd.	29.0	•	•	•	•	•	•	•	•	•	•	•		•	•		•	•		•	•
9. Salt Creek Park, 2710 Otay Lakes Rd.	24.0	•	•	•	•	•	•	•	•	•	•	•		•			•	•		•	

neighborhood parks

10. Bay Boulevard Park, F Street & Bay Boulevard	1.5						•		•												
11. Bonita Long Canyon Park, 1745 Coltridge Lane	10.9						•		•	•		•						•	•		
12. Breezewood Park, 1091 Breezewood Dr.	2.5	•					•		•	•											
13. Connoley Park, 1559 Connoley Avenue	0.7		•				•			•											
14. Cottonwood Park, 1778 East Palomar Street*	6.6	•	•				•	•	•	•		•		•	•			•	•		
15. Explorer Park, Rancho Del Rey Pkwy & Norella St.	5.6		•				•		•	•								•	•		
16. Friendship Park, Fourth Avenue & F Street	4.0								•	•											
17. Gayle L. McCandliss Park, 415 East J Street	3.1	•							•												
18. Harborside Park, 670 Oxford St.	5.2	•	•				•	•	•	•		•						•		•	
19. Harvest Park, 1550 East Palomar*	6.8	•					•	•	•	•		•		•				•	•		
20. Heritage Park, 1381 Palomar Street*	10.1	•	•	•			•	•	•	•	•	•						•	•	•	
21. Hilltop Park, 780 Hilltop Drive*	9.3	•					•	•	•	•		•						•			
22. Holiday Estates I, 27 Connoley Circle	0.2						•														
23. Holiday Estates II, 1637 Connoley Avenue	0.2						•														
24. Horizon Park, 970 E. Palomar St.	5.3	•	•				•	•	•	•		•		•							
25. Independence Park, 1248 Calle Santiago	12.8						•														
25. Lancerlot, 750 K Street	0.1								•												
27. Lauderbach Park, 333 Oxford Street	3.9	•	•				•	•	•	•						•					
28. Loma Verde Park, 1420 Loma Lane	6.2						•	•	•	•	•										
29. Los Niños Park, 150 Teal Street	5.1	•	•				•	•	•	•		•						•	•	•	
30. MacKenzie Creek Park, 2275 MacKenzie Creed Rd.*	6.8	•	•				•	•	•	•		•						•	•	•	
31. Marina View Park, 900 Marina View Parkway**	4.5	•					•	•	•	•		•						•	•		
32. Marisol Park, 916 Rancho Del Rey Parkway*	5.0	•					•	•	•	•		•						•	•	•	
33. Memorial Park, 373 Park Way	7.8	•					•	•	•	•		•				•					
34. Mountain Hawk Park, 1475 Lake Crest Dr.	12.0	•	•				•	•	•	•		•									
35. Norman Park, 270 F Street	1.5						•	•	•												
36. Orange Avenue Fields, 160 East Orange Avenue	4.0						•	•	•	•					•						
37. Otay Park, 1613 Albany Avenue	4.2	•					•	•	•	•		•		•				•	•		
38. Palomar Park, 1359 Park Drive	2.7	•					•	•	•	•											
39. Paseo Del Rey Park, 750 Paseo Del Rey	9.0	•					•	•	•	•											
40. Rancho Del Rey Park, 1131 Buena Vista Way	9.2						•	•	•	•											
41. Rienstra Ballfields, 1500 Max Avenue	7.1						•	•	•	•					•						
42. Santa Cora Park, 1365 Santa Cora	5.7	•	•				•	•	•	•								•			
43. SDG&E Park, 1450 Hilltop Drive	20.0	•	•				•	•	•	•								•	•		
44. Sherwood Park, 69 Sherwood Street	0.3						•	•	•	•											
45. Sunbow Park, 690 East Naples Street	3.7						•	•	•	•								•			
46. Sunridge Park, 952 Beechglenn	6.6		•				•	•	•	•				•				•	•		
47. Terra Nova Park, 450 Hidden Vista Drive*	17.0	•	•				•	•	•	•		•		•	•		•	•	•		
48. Tiffany Park, 1713 Elmhurst Avenue	5.3						•	•	•	•											
49. Valle Lindo Park, 545 Sequoia Drive	4.3						•	•	•	•											
50. Voyager Park, 1178 East J Street*	11.2	•	•				•	•	•	•		•		•				•	•	•	
51. Sunset View Park, 1390 South Greenview Drive*	11.2	•	•				•	•	•	•		•		•				•	•	•	
52. Santa Venetia Park, 1500 Magdelana*	7.0	•					•	•	•	•		•		•	•			•	•	•	
53. Windingwalk Park, 1675 Exploration St. Coming Soon	7.1	•	•				•	•	•	•		•		•			•			•	

**Reservations & Information from Port of San Diego (619) 686-6200 City Parks

*Rental Reservations Available

Registration Form

FILL OUT COMPLETELY. PLEASE PRINT

ADULT LAST NAME _____ FIRST _____ MI _____

Address _____ City _____ Zip _____

Home Phone _____ Business Phone _____

E-mail (if you desire to receive Recreation Department program information): _____

How did you learn about our programs? (Please select one)

☐ Recreation brochure ☐ City Website ☐ City employee ☐ Friend ☐ Newspaper ☐ Flyer ☐ Repeat Customer ☐ Other

- Does the participant need special accommodations for a successful experience?
A two-week advanced notice is required (Check Y or N), below



PARTICIPANT INFORMATION. PLEASE PRINT

Class #	Swim Sess.	Class Title	Participant's Last Name	First Name	MI	Sex	Date of Birth	Fee	Y* N*

Please choose classes carefully, the NO REFUND Policy will be followed.

Returned Checks: There will be a minimum service charge of \$25 on all checks returned from the bank.

READ, SIGN AND DATE WAIVER BELOW. Unsigned waivers will cause your registration to be returned unprocessed.

ACCIDENT WAIVER AND RELEASE OF LIABILITY (AWRL)

TOTAL FEES DUE \$

I, _____ (REGISTRANT) and I, _____ *(REGISTRANTS parent or guardian), acknowledge that this activity may be an extreme test of REGISTRANT's physical and mental limits and that it could result in death, injury and property loss. Risks may derive from terrain, facilities, water conditions, weather, condition of equipment, vehicular traffic, actions of others, lack of hydration, as well as other sources. I hereby assume all risks of REGISTRANT's involvement in this activity. I certify that REGISTRANT is physically fit, has sufficiently trained for participation in this activity and has not been advised otherwise by a qualified medical person. I acknowledge that this AWRL form will be used by the city of Chula Vista and the activity holders, sponsors and organizers, in which REGISTRANT may participate and that it will govern REGISTRANT's actions and responsibilities at said activities. In consideration of REGISTRANT being permitted to participate in this activity, and on behalf of myself, my executors, administrators, heirs, successors and assigns, I hereby (A) WAIVE, RELEASE AND DISCHARGE FROM LIABILITY The City of Chula Vista and its directors, officers, employees, volunteers, representatives and agents, and the activity holders, sponsors, directors and volunteers, for the death, injury or property loss or damage of REGISTRANT or actions of any kind which my accrue to me as a result of REGISTRANT's participation in this activity; and (B) agree to INDEMNIFY AND HOLD HARMLESS the above-mentioned entities or persons from any and all liabilities or claims made by other individuals or entities as a result of any of REGISTRANT's actions during this activity except for those claims arising from the sole negligent or willful conduct of The City of Chula Vista or its agents. I hereby consent to the administering of medical treatment to REGISTRANT if deemed advisable in the event of injury, accident and/or illness during this activity. I understand that all this activity or related activities, REGISTRANT may be photographed. I agree to allow REGISTRANT's photo, video, or film likeness to be used for any legitimate purpose by the event holders, sponsors, directors and their agents or assigns. This AWRL shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law. I hereby certify that I have read this document and understand its content. I further certify that I am the parent or guardian of the above-named participant and that I will hold each of the above-named individuals and entities, harmless and indemnify each in the event of any loss whatsoever due to a defect in my legal capacity.

REGISTRANT's Parent or Guardian's Signature _____ Date _____

*If the participant is under 18 years of age or legally incapacitated, the parent or guardian must also sign.

Make checks payable to "CITY OF CHULA VISTA" *Individuals who do not reside within the city limits of Chula Vista must pay the Non-Resident fee listed for each class.

Failure to send correct amount could result in delay or denial of your priority class.

Send your registration to the Recreation Department for all recreational classes. Be sure to indicate session number for all swimming classes.

RECREATIONAL CLASSES

City of Chula Vista Recreation Department, 276 Fourth Avenue, Chula Vista, CA 91910 Attn: Jimmy Tollefson (Mail Stop R-107)

FOR OFFICE USE ONLY: Amount Enclosed \$ _____ CK/MO# _____ Bank # _____ City Receipt # _____

Registration Information

Walk-In Registration

August 28 - September 23

Walk-in registration for fall classes will be taken on a first come, first served, space-available basis, beginning the last week of the summer session. Register Monday - Friday from 3 - 7 pm, and Saturday from 12 - 3:30 pm at the Chula Vista Community Youth Center, Heritage Park Center, Loma Verde Recreation Center, Monteville Recreation Center, Otay Recreation Center, Parkway Community Center, Salt Creek Recreation Center, and Veterans Park Recreation Center. Registration will be taken at all facilities for any class, regardless of its meeting location. Those registering will be asked to complete the registration form and provide payment in the preferred form of check or money order. Cash in the exact amount will also be accepted. Please note, on the first day of registration, August 28, all Recreation Centers will begin registration at 2 pm.

Financial Assistance

August 21 - September 8

Recreation Class Applications are available starting August 21 at all Recreation Centers. A minimum of three working days is required to review application after which applicants will be notified. All Financial Assistance applicants will be required to participate in walk-in registration August 28 - September 23 and will not be registered in classes until fee balance has been paid. Swimming Classes and Camp Applications are available at Recreation centers, pools, and Parkway Gymnasium, and must be submitted no later than 14 days prior to the start of the class, camp, or activity. Applicants for these activities will not be registered until the balance of fees has been paid. More detailed information is contained on the Financial Assistance Application Forms.

Online Registration

Begins August 28

The Recreation Department is continuing an online registration process for the Fall session.

Go to www.chulavistaca.gov/rec and link to online registration. Please note: A nominal, non-refundable fee is charged in addition to the class fee for the online service provided by a registration vendor. Questions? Call (619) 691-5083 for additional information.

Mail-In Registration

August 28 - September 9

- The Registration Form is to be used only for the Recreation Department classes listed on pages 8-28 of this brochure.
- Do not combine with registrations for any other program or agency (youth sports, YMCA, Boys & Girls Club).
- Registration will be accepted by mail on the dates listed, on a first received, first processed, space-available basis.
- Print and fill out form completely.
- Mail-in registration is only for classes preceded by an activity number.
- Register for classes at the locations where those specific classes will be held.
- Applications postmarked before August 28 or after September 9 will be returned unprocessed.
- Send a check or money order for the total payment due payable to "City of Chula Vista."
- Separate checks for each recreation class are not required. Bankcards will not be accepted for walk-in or mail-in registration. Do not send cash.
- Individuals who do not live within the city limits of Chula Vista will be required to pay the nonresident fee listed for each class. Proof of residency may be required.
- Mail to: City of Chula Vista Recreation Dept.
Attn: Jimmy Tollefson, MS R-107
276 Fourth Avenue,
Chula Vista, CA 91910

Cancellations

A minimum number of participants is required to hold class. The Recreation Department reserves the right to cancel any class when enrollment is low. To help assure that classes have the required number of participants, please register early. An automatic refund will be issued if the department cancels a class.

Refunds and Transfers

Refunds are not issued unless classes are cancelled. Refunds will be processed and mailed approximately 3-4 weeks after classes begin. Transfers and/or credits may be approved under certain limited conditions. Online registration processing fee is non-refundable.

Want to Teach a Class?

The Recreation Department is always searching for qualified instructors to teach new or existing classes. If you are interested in being a contractual instructor, contact the corresponding center supervisor.

Community Youth Center

Jimmy Tollefson (619) 585-5735

Heritage Park Community Center

Tony Ramos (619) 421-7032

Loma Verde Recreation Center

Sandy Chavez (619) 691-5082

Norman Park Senior Center

Karen Harvell (619) 691-5086

Monteville Recreation Center

Shaun Ellis (619) 585-5680

Otay Recreation Center

Michelle Castagnola (619) 476-5325

Parkway Community Center

Frank Carson (619) 691-5083

Salt Creek Recreation Center

Steve Scott (619) 585-5653

Therapeutic Programs

Carmel Wilson (619) 409-5800

Veterans Park Recreation Center

Victoria Tom (619) 691-5260

NOTE: Fees for classes DO NOT include any additional costs that may be required (i.e. ballet slippers, leotards, martial arts uniforms, tap shoes, etc.)

Special Feature:



The New Discovery Center is Open!

Come see the best of San Diego Bay's natural wonders at the Chula Vista Nature Center! Encounter endangered Green Sea Turtles, Moray Eels, and many other local species at the new Wergeland Family Discovery Center.

Open Tuesday - Saturday, 10 a.m. - 5 p.m.
Last shuttle to the Center is at 4 p.m.

www.ChulaVistaNatureCenter.org • (619) 409-5904
1000 Gunpowder Point Drive



www.chulavistaca.gov

276 Fourth Avenue

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